



# How to Access the Well-being Program

What does well-being look like for you?



**Our comprehensive program includes tools and resources to help you navigate your unique care needs.**

## **The program offers:**

- A Well-being questionnaire to help you identify and evaluate potential health risks
- Personalized content such as reminders, health strategies, and care plans
- Access to a diverse library of thousands of engaging and educational micro-course, quizzes, and activities
- Wearable data collection through synced devices for easier tracking and greater accuracy

## **How to access the program:**

1. Scan the QR code below or go to **greenshieldplus.ca**
2. Sign in to your GreenShield+ account
3. Select **Well-being** from your dashboard
4. Follow the instructions



Having trouble? Get answers to your questions using Care Navigation within GreenShield+.

™/® Trademarks of Green Shield Canada. © 2024

GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.



Sign in to your GreenShield+ account to access all your services.

**greenshield.ca**  
Organization Code:

