

Health & Wellness Centre

Your well-being journey starts now

Whether you're looking to improve your habits, reduce stress or take control of your overall well-being, knowing where to start and staying motivated can be the greatest challenge. No matter your needs, the Health & Wellness Centre is designed to help you understand your health and empower you to make improvements, little by little. And little steps can add up to big results!

Through personalized tools and resources, available anytime, anywhere, you have guided access to everything you need to build your health skills and take control of your wellness journey. And the best time to start? Now!



How does it work?

Your journey towards improved health and well-being starts by getting a picture of your current health so you can better understand important areas of focus, and plan what steps you'll take to make improvements. **It's simple, and the best part? You choose your pace.**

Step one

Know your health

Start by getting your own personal **Health insights** – complete a series of questions, otherwise known as a Health Risk Assessment (HRA), for a quick overview or a deep dive into your physical, mental, financial, lifestyle, and social and environmental health.

Once complete, review your personalized report which includes tips, resources and recommended steps for improving your health and building lasting habits.

Step two

Improve your health

Now that you've got a sense of where to focus, the opportunities – and the fun – are endless!

Use the **Health library** to explore hundreds of expert-reviewed articles, videos, health tips and recipes that can support and guide your wellness journey.

Find inspiration and feel empowered to jump-start your wellness with fun and motivating **health challenges** ranging in difficulty and duration.



Access multi-lingual supports for a spectrum of mental health needs including stress, anxiety and depression, as well as lifestyle

matters that impact mental health like parenting, weight management and sleep, using **myStrength**. Complete the questionnaire and receive a personalized mental wellness program to support your unique needs. Along your journey, access 1,100+ self-paced activities and other mental health resources, and direct message with a 1:1 coach for personalized navigation and support to keep on track.



The Health & Wellness Centre, powered by Teladoc Health, is included in your benefits plan at **no extra cost** and is designed to help you:

- Build your health and wellness knowledge and skills
- Empower your health and wellness goals
- Improve accountability towards your wellness journey
- Identify health risks, and access tools and resources proven to help
- Proactively manage your health and wellness
- **And have fun along the way!**

myStrength was developed by experts and uses a data-driven approach to deliver proven supports that meet your unique needs.



82%

of users reported it as effective as face-to-face therapy¹



96%

user satisfaction rate¹

Ready to get started?

It's easy! From your desktop or mobile browser, sign in to **My Canada Life at Work™**. Under resources, select Wellness and follow the on-screen prompts to get started.



¹ Teladoc Health, myStrength data, 2022.

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