



Connected Care

Your Digital Health & Wellness Hub

Exclusive for Medavie Blue Cross Plan Members



What is Connected Care?

Connected Care is your personal gateway to feeling better, staying healthy, and getting support when you need it— an all in one easy-to-access digital hub. It brings together trusted health wellness programs and helpful tools to support your body, mind, and everyday wellbeing. Whether you're looking for expert advice, convenient virtual care, or simple ways to manage your health, Connected Care gives you options that fit your life. You can also enjoy exclusive savings and coverage to help make your care more affordable.

Many programs may be covered through your Extended Health Benefits (EHB), Health Spending Account (HSA), or Personal Wellness Account (PWA).

You can choose the care you need — and use the benefits you already have.



Why Members Love Connected Care

Key Benefits:



Fast access to care anytime, anywhere



Special pricing just for members



Virtual support for many different health needs



Personalized care plans based on your needs



Helpful insights powered by your health data

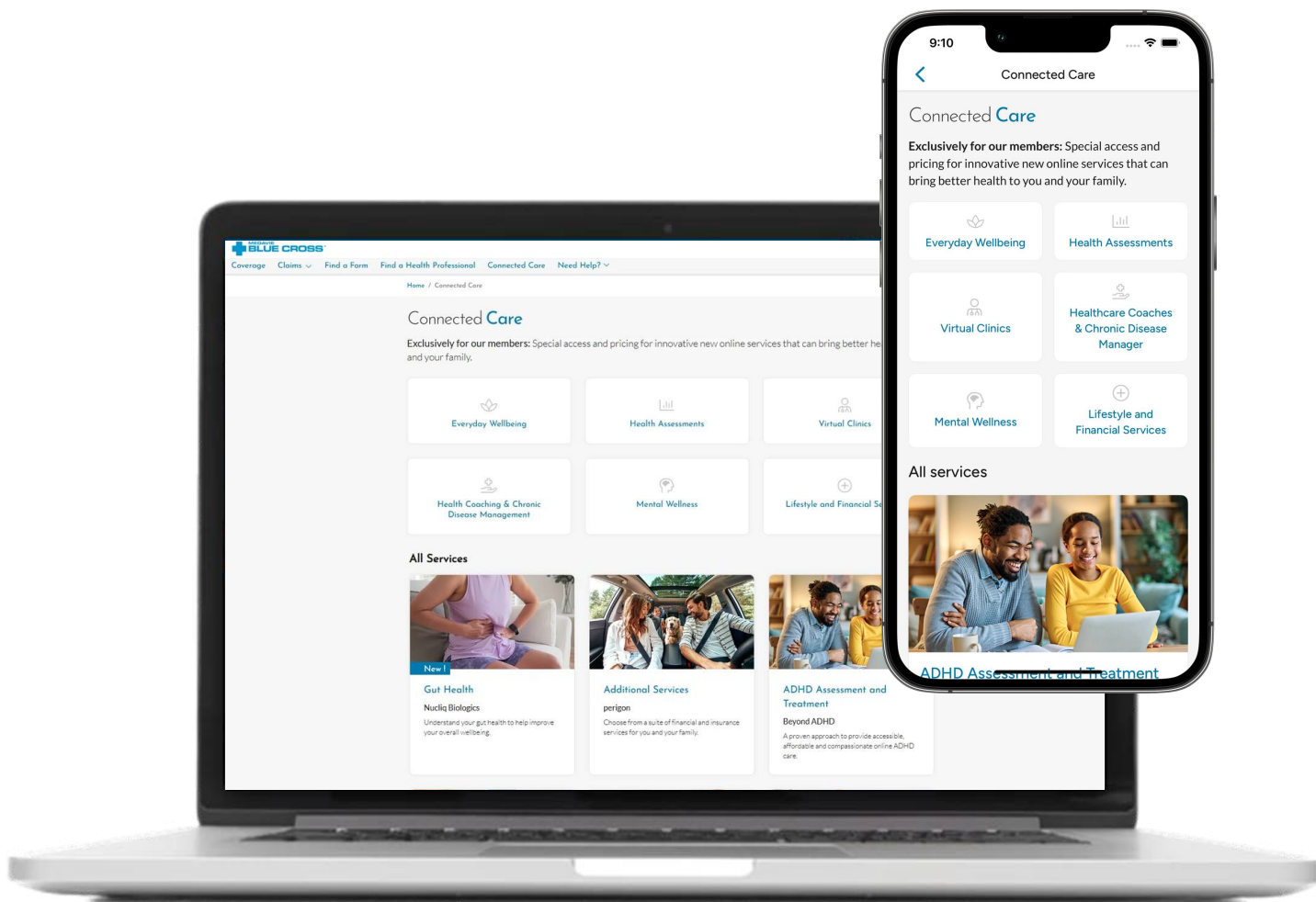
How to Access Connected Care

Getting started is easy:

- **Log in** to your Medavie Blue Cross Member Services Site to view Connected Care programs, exclusive pricing, and your coverage.
- Or open the **Blue Cross Mobile app** to access the same tools on the go.
- **Choose the service that fits your needs.** Each page clearly explains what it offers, how it works, what it costs, and how reimbursement works.
- Follow the simple prompts to book an appointment, sign up for a program, or order a home kit.

Whatever your health goals, Connected Care is here to guide you step-by-step toward the care you need.

[Access Connected Care today.](#)





Everyday Wellbeing & Health Assessments



Health Connected

Total Wellness Platform

Your central space for tracking, learning, and improving your health.

Complete a digital health assessment, explore personal recommendations, find support groups, access multiple health libraries, and connect your fitness devices — all at no cost. Everything is private, secure, and designed to help you stay on top of your wellness.

Cost: Free for members and dependents aged 18+

Online Doctors

See a Canadian licensed general practitioner quickly, day or night, from anywhere.

Describe your symptoms through Maple's secure platform and connect with a general practitioner who can provide advice, prescriptions, lab requisitions (where permitted by provincial regulations), and sick notes.

Cost:

- Daytime: \$65.00
- Weekend and Holiday: \$73.00
- Overnight: \$92.00
- Quebec: \$200.00

Coverage:

- Eligible under Health Spending Account or Personal Wellness Account
- Some group and personal health plans include Online Doctors as a benefit, meaning no payment may be required.



maple



Personalized Medicine

Finding the right medication shouldn't be guesswork. Pillcheck uses a simple at-home DNA saliva test to show which medications your body is most likely to respond well to and which may cause side effects or work less effectively. A clinical pharmacist provides personalized recommendations, and your results are updated each year as new medications are added.

Cost: \$499 (members save \$100)

Coverage:

- Eligible under Health Spending Account or Personal Wellness Account
- Some Extended Health Benefits plans cover pharmacogenetic testing when prescribed.

Vision Care

Affordable eyewear with style and convenience. Choose from stylish glasses, brand-name contact lenses, or designer frames — all delivered quickly with easy returns. Members also receive exclusive discounts and a free welcome gift.

Cost/Member Discounts:

- 30% off contact lenses (min. \$129)
- 30% off KITS glasses (min. \$60)
- 50% off lens upgrades (min. \$60)
- Free pair of polarized sunglasses with purchase

Coverage:

- Vision benefits apply
- Eligible under Health Spending Account and Personal Wellness Account



KITS



Gut Health

Learn about your gut health and how it affects your digestion, immunity, mood, energy and long-term wellbeing. This program includes support from a registered dietitian and, if needed, an at-home gut microbiome test. Together, these tools can help you make real changes that improve the way you feel every day.

You'll receive a personalized health report that explains your gut bacteria balance, highlights possible future health risks, and gives clear food and lifestyle tips to help you feel better from the inside out.

Cost: \$375–\$425 total

- Initial consultation + test kit: \$225–\$275
- Follow up consultation: \$150

Coverage:

- Eligible under Extended Health Benefits dietitian services or eligible under Health Spending Account or Personal Wellness Account
- Direct billing may be available depending on your plan.

Nutrition Support

Nutrition advice that fits your real life. In one-on-one virtual sessions, a registered dietitian helps you make healthier food choices, manage allergies or food sensitivities, support heart and gut health, handle weight changes, and build daily habits that last.

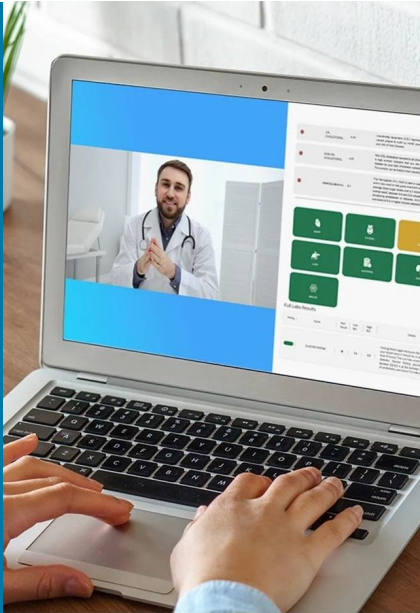
Your dietitian will create a personalized plan with practical, sustainable steps to help you feel more energized, confident, and supported.

Cost: \$99 initial \$75 follow-ups

Coverage:

- Eligible under Extended Health Benefits for dietitian services
- Health Spending Account/Personal Wellness Account can be applied
- Direct billing available, depending on your plan





PHZIO

Physical Health Insights

A detailed check-up of your physical health with a care plan built just for you.

This assessment includes lab tests, an ECG (heart test), a movement test, and one-on-one sessions with a Nurse Practitioner, a dietitian, and an athletic therapist.

Receive a personalized report, a clear care plan, and referrals if more support is needed.

Cost: \$399 + HST

- **Nurse Practitioner: \$124**
- **Dietitian: \$150**
- **Athletic Therapist: \$125**

Coverage:

- Eligible under Extended Health Benefits for Dietitian and Athletic Therapist services
- Eligible under Health Spending Account or Personal Wellness Account

Virtual Physio

High-quality physiotherapy from home.

A licensed Canadian physiotherapist will assess your movement during a video visit and guide you through a personalized exercise and treatment plan. This is helpful for strains, injuries, and pain that limit movement.

Cost:

- **\$99 for initial appointment**
- **\$79 for follow up sessions**

Coverage:

- Eligible under Extended Health Benefits
- Eligible under Health Spending Account or Personal Wellness Account



PHZIO



Health Coaching & Chronic Disease Management



sanoMidLife♀

Menopause Assessment & Coaching

Support designed for women going through perimenopause and menopause.

Receive personalized, evidence-based care from menopause specialists, health coaches, and an AI powered Symptom Relief Guide to help better understand symptoms. sanoLiving offers:

- A free Health Check assessment
- A Symptom Relief Guide
- On-demand access to an AI symptom coach
- A 15-minute consultation

Enrollment in full sanoMidLife program, provides access to peer support groups, expert advice, and practical strategies to manage symptoms, all to keep you informed and supported at every stage of midlife.

Cost: \$500 for 12 month access (up to \$300 annual savings for members)

Coverage:

- Eligible under Health Coaching & Chronic Disease Management benefit
- Eligible under Health Spending Account or Personal Wellness Account

Diabetes, Blood Pressure and Obesity Coaching

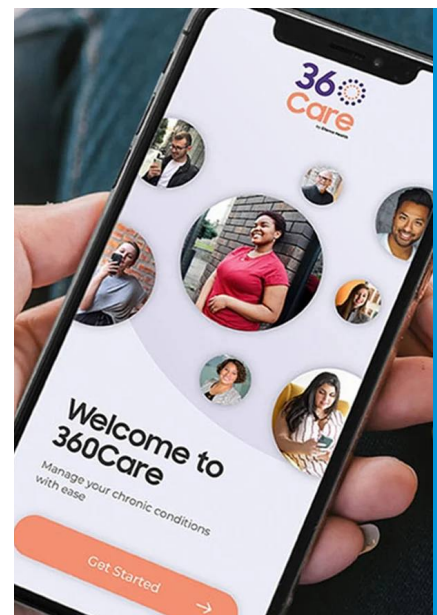
A structured, supportive program for managing diabetes, high blood pressure or obesity — with health care professionals guiding you every step of the way.

You'll work with experts like registered dietitians (RD) and certified diabetes educators (CDE) who help you understand your health numbers, set realistic goals, and track your progress using a free connected device (such as a blood pressure cuff, scale, or glucometer). With regular support and simple progress tracking, you'll gain the skills and confidence to take control of your long-term health.

Cost: \$165 every three months

Coverage:

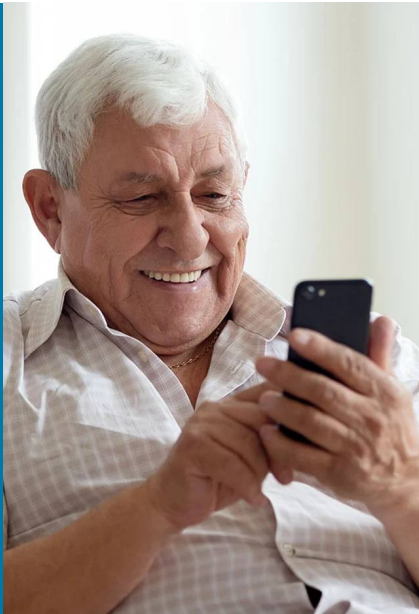
- Eligible under Health Coaching & Chronic Disease Management
- Check your benefits booklet or the Extended Health Benefits section of the mobile app for details



360
total care



Mental Wellness



**Mind
Beacon**
a Kiri Health company

Guided Cognitive Behavioral Therapy

A flexible, proven way to improve your health without booking regular appointments.

You'll follow an online CBT program tailored to your needs. A licensed therapist supports you along the way with guidance, feedback, and encouragement.

You move at your own pace and can send private messages anytime through the app.

Cost: \$500 (four installments), including a \$25 member discount

Coverage:

- Covered under Extended Health Benefits for mental health services
- Eligible under Health Spending Account or Personal Wellness Account

Live Online Therapy

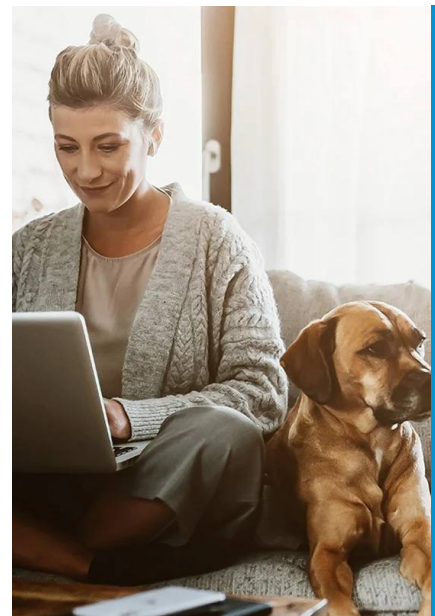
Personalized, one on one therapy in a way that fits your life.

Choose your therapist and connect through secure video or phone sessions, gaining the space and support to work through stress, anxiety, depression, relationship challenges, and more — all from the comfort of home.

Cost: Starting at \$130 per one-hour session

Coverage:

- Covered under Extended Health Benefits for mental health services.
- Eligible under Health Spending Account or Personal Wellness Account



**Mind
Beacon**
a Kiri Health company

Mindfulness

A simple way to bring calm to your day.

Through guided meditation programs, Petit BamBou helps you reduce stress, sleep better, manage your emotions, and build mindfulness skills that support your overall wellbeing. Programs are available for adults, workplace wellness, sleep, and even children.

Cost: Free 3 month premium trial
Optional subscription after the trial period

Coverage:

- Eligible under Personal Wellness Account if Alternative Health is included in your benefits



Petit BamBou



ADHD Assessment and Treatment

Accessible ADHD assessment and ongoing care for adults or children.

A specially trained nurse practitioner (NP) provides a complete evaluation of symptoms, a diagnosis (if applicable), and a personalized treatment plan — with options to support school or workplace accommodations.

Follow-up visits are available to adjust treatment and manage progress over time.

Cost:

- ADHD Assessment: \$199 (includes \$80 member discount)
- Diagnosis & Treatment Plan: \$179
- Follow ups: \$79 (if requested)

Coverage: Eligible under Extended Health Benefits



Lifestyle & Protection Services



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Additional Services

Practical support for life's surprises.

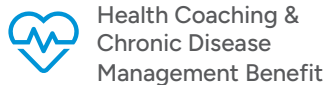
Members receive preferred pricing on:

- Home system and appliance warranties
- Legal expense & identity theft protection
- Virtual veterinary care

Cost: Varies by service (discounted for members)

Connected Care Services & Coverage Overview

Service				
ADHD Assessment & Treatment (Beyond ADHD)		✓	✓	✓
Additional Services (Perigon)				✓
Diabetes, High Blood Pressure/Cholesterol, Obesity Coaching (360 Total Care)	✓	✓	✓	✓
Gut Health (Gutcheck, Nucliq Biologics)		✓	✓	✓
iCBT and Live Therapy (MindBeacon)		✓	✓	✓
Menopause Assessment & Coaching (sanoMidLife)	✓	✓	✓	✓
Mindfulness (Petit BamBou)			✓	✓
Nutrition Support (360Harmony)		✓	✓	✓
Online Doctors (Maple)		✓	✓	✓
Personalized Medicine (Pillcheck)		✓	✓	✓
Physical Health Insights (Phzio)		✓	✓	✓
Total Wellness Platform & Health Risk Assessment (Health Connected, MediResource)			FREE	
Virtual Physiotherapy (Phzio)		✓	✓	✓
Vision Care (KITS)		✓	✓	✓



Health Coaching & Chronic Disease Management Benefit



Extended Health Benefit



Health Spending Account



Personal Wellness Account



Better Health Starts Here.

Connected Care brings together innovative digital health and wellness services, so members can access support when and where they need it.

All in one seamless, intuitive hub.

**Log in to the Member Services Site or download the
Blue Cross Mobile app**