

Expansion of Mental Health Practitioner Definition

Our plan has always put a high value on mental health support for members. We have seen considerable uptake of the mental health services recently added to our offering as employees focus on their well-being.

To continue this momentum, we are now changing our definition of a “mental health practitioner” to further expand accessibility of this vital benefit to more members. Currently, mental health paramedical coverage applies to common service providers, such as a psychologist, social worker, certified counsellor, etc. **Effective August 1, 2023**, the definition will be expanded to include any other certified mental health practitioner covered under the plan and belonging to an accredited association or organization that answers to a disciplinary committee (subject to approval by the insurer).

We are very excited for this change, which gives Plan members more options for guidance through their journey to stronger mental health and resilience.

Boost Recruitment and Retention with a Lifestyle Spending Account (LSA)

Health and wellness benefits lead to happier and more productive employees. By adding an LSA to your Plan, you show your team you are invested in their well-being. LSAs offer your employees funds they can apply to all kinds of lifestyle choices, like art lessons, elder care, financial services, even a hybrid car purchase. It's cost effective, easy to administer, and will help you attract and retain employees.

Talk to your advisor, who can help you add a Chambers Plan LSA to your program. You choose a coverage tier and set the limits you will cover for each employee. We take care of the rest.



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Teladoc™ Health myStrength and Mental Health Navigator

The mental health of your employees affects their home life and their productivity at work. That's why we include **myStrength** in all our Plans - to help members keep themselves on track. It's a flexible and comprehensive digital mental health program with proven tools to help them manage stress, depression, sleep quality, and more. They can access anytime, all in one app.

All Chambers Plan Health options also include **Mental Health Navigator**, a service that guides Plan members in finding the most appropriate care for their mental health needs. They have access to dedicated experts, by web, app or phone, who can support them along their mental health journey. They will receive guidance on how to navigate the mental health system and they can have their current mental health diagnosis and treatment plan reviewed.

Both of these mental health supports come at no extra cost to your Plan and we encourage all our Plan members to take full advantage of these added benefits. If you have any questions, please reach out to your exclusive Chambers Plan advisor!