

# Whole-Person Care

## Integrated supports for your mind & body



Your child wakes up with a slight fever, but instead of going to a clinic, you call the Teladoc telemedicine service. You need your prescription filled and your drug benefit pays directly to the pharmacy. You need an expert second opinion on a cancer diagnosis, so you call Teladoc Medical Experts. Then, to help work through the emotions you're experiencing, you connect with the Arete Employee Assistance Program.

Keeping your mind and body healthy is an evolving process. That's why we go one step further with your Plan by offering a comprehensive approach and a continuum of care to help you be your best self.

Easily accessible, confidential services and highly robust mental health programs – our partners are linked with one purpose – to support your well-being, so that, whatever life throws at you, you never have to face it alone.

**For more information, visit [chamberplan.ca](http://chamberplan.ca)**

