



Connected Care

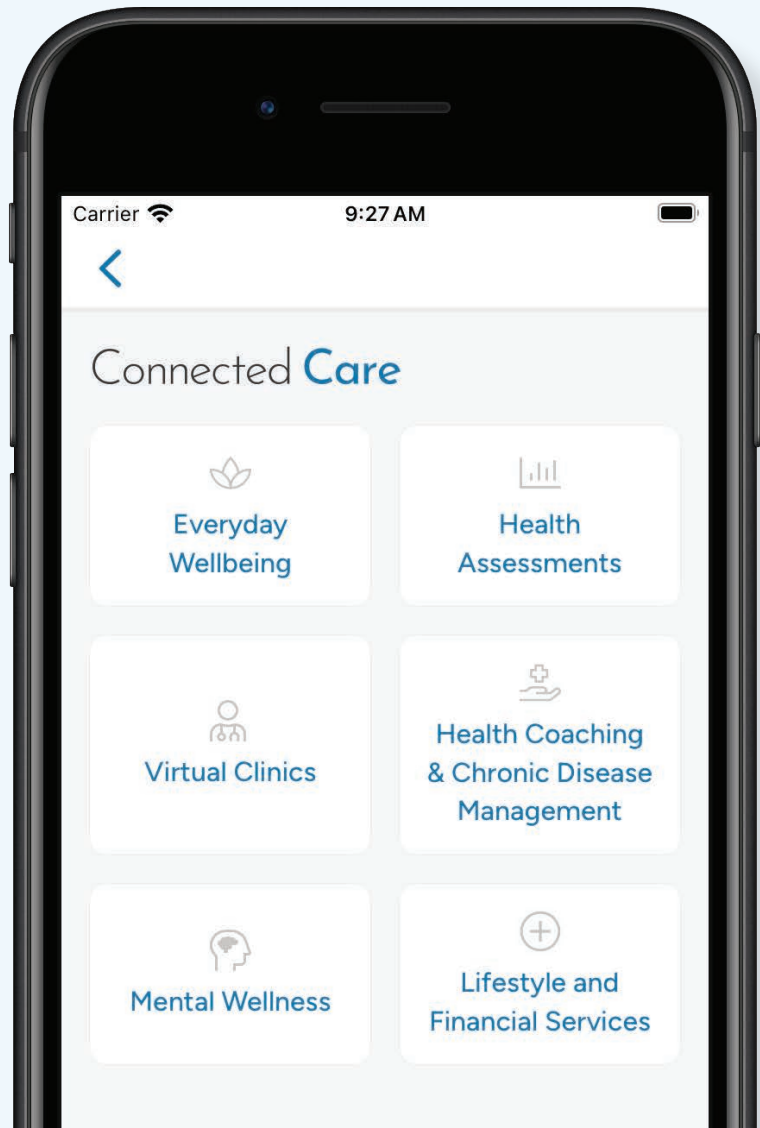
Health and wellness services designed for you



Connected Care

A digital health and wellness platform built around your unique needs with easy-to-navigate categories

- > Personalized programs for better health
- > Innovative, more convenient digital access at your fingertips
- > Member-exclusive offers with an integrated experience



Programs and services under Connected Care are available to Medavie Blue Cross members at preferred pricing. Depending on plan design, costs for these program and services may be eligible for reimbursement under Extended Health Benefits (EHB), Health Spending Account (HSA), Personal Wellness Account (PWA), or the Health Coaching & Chronic Disease Management (HC&CDM) benefit. Please refer to the Blue Cross mobile app or your benefits booklet for coverage information.

Connected Care

What's available



Health assessments
and specialized
coaching programs

Total Wellness Platform

Assess your health and learn wellbeing skills in one convenient portal

Menopause Assessment and Coaching

Evidence-based care to help you adjust to midlife changes and menopause

Diabetes, Hypertension and Obesity Coaching

Personalized health coaching from professionals and a complimentary tracking device

Nutrition Support

Access one on one coaching with registered dietitians and healthy-eating resources to reach your health goals

Personalized Medicine

Discover the right medication for you through Pharmacogenetic Testing



Mental health
supports for anxiety,
depression, stress,
and more

Live Therapy

Book one-on-one video or phone therapy sessions with mental health professionals who specialize in your area of concern

Text Therapy

Regular text check-ins with a therapist of your choice, right from your smartphone

Guided Cognitive Behavioral Therapy (iCBT)

Get support and guidance from a therapist through a self-paced program for depression, anxiety, pain management, insomnia, and more

ADHD Assessment and Treatment

Accessible, affordable, and compassionate services for the diagnosis and treatment of ADHD

Mindfulness

Manage stress and sleep better with expert-led guided meditations

Connected Care

What's available



Convenient access to
virtual clinics

Online Doctors

Connect with a Canadian-licensed general practitioner (GP) in minutes, day or night

Virtual Physio

Get help with injuries and mobility issues from a licensed physiotherapist, online



Expanded support for
financial and personal
wellbeing

Financial Wellness

Personalized AI-enabled coaching to achieve your financial goals

Additional Services

Choose from a suite of financial and insurance services for you and your family.



To get started, access
Connected Care on your
Blue Cross Mobile app or the
Member Services Site.

medaviebc.ca/ConnectedCare



Stay engaged with Connected Care!

What you see now is just the beginning as we continue to expand our suite of services to support your wellbeing.

