

# LIFENAV

Services designed to help you navigate over life's hurdles.

MEMBERS ONLY BENEFITS

**\$8.95** + tax  
PER EMPLOYEE  
PER MONTH

LifeNav is a package designed to provide information and support at a time when it's needed most. These benefits are typically only offered by big benefit plans. At CustomCare, no matter the size of your business, we want all benefits to be accessible.



## EMPLOYEE ASSISTANCE PROGRAM

Homewood Health is the Canadian leader in mental health and addiction services and offer a state-of-the art video counselling services. These services are simple to use and make it easy to access the care needed to keep your employees on the path to happy, healthy lives. Video counselling appointments are easy to arrange and the flexible scheduling options fit well with busy lifestyles. The best part, appointments can be booked from the comfort of your own home in a private, secure online environment.

Homewood video counselling services are offered using a secure technology service to deliver encrypted virtual care through private video visits, secure messaging, and other virtual care tools. Personal devices can be used (desktop, iOS, and android devices) to access virtual care.

### In Addition

With Homewood Health your employees also have access to a variety of online resources that provide them with self-help information, references, articles, and guidelines. Some of these include:

- [Online Health and Wellness Library](#)
- [The Health Risk Assessment](#)
- [BusyFamily Childcare & Eldercare Service Locater](#)



## STRESS REDUCTION PROGRAM

The *Light Up Your Life* stress reduction program from Vero Solutions is an online self-study program available to your employees and their families 24/7. They watch the 10 minute videos and complete their notebook for each of the eleven sessions. They can also subscribe to the daily wellness blog and join the online community group for continued engagement.

Here are the topics:

### Introduction

- Reducing Chaos
- Success Cycles
- Work/Life Balance

### Session One

- Reducing Stress
- Mindfulness
- Self-Empowerment I

### Session Two

- Self-Empowerment II
- Becoming more Effective
- Achieving Goals & Targets

### Session Three

- Mindfulness
- Reducing Anxiety
- Overcoming Self-Imposed Barriers

### Session Four

- Creating Healthy Relationships at home & work
- Eliminating Conflict

### Session Five

- Health & Well-Being
- Eat to Energize
- Fight the Fat

### Session Six

- Health & Well-Being
- Fitness & Reversing Aging

### Session Seven

- Managing My Energy
- Managing My Time

### Session Eight

- Value-Based Living
- Pulling it all Together



## SECOND OPINION SERVICES

WorldCare International delivers reliable online medical consultations, second opinions and much more for your employees through the WorldCare ACCESS service. With operations worldwide Worldcare services cover the full continuum of care. Through their unique relationship with top-ranked hospitals, they are able to provide services ranging from answering basic medical questions, confirming diagnosis, providing treatment plan guidance and much more. Worldcare Access eliminates the hassle of calling or visiting doctors' offices or hospitals to collect records or waiting to be seen for a second opinion.



### How It Works

The WorldCare ACCESS service is here when you need it most.

It's a simple three-step process:

- Step 1 Employee would call WorldCare to initiate service.
- Step 2 WorldCare works with your employee's doctor(s) to gather medical records and send them to the medical institutions best suited to review your case.
- Step 3 The specialists review the records and diagnostic material and provide an independent second opinion to your employee's doctor.





## ACCIDENTAL DEATH & DISMEMBERMENT

Should a catastrophic event occur, have the peace of mind that your employee is protected and their families supported with a \$20,000 Accidental Death & Dismemberment policy. CustomCare in association with Chubb Life, one of Canada's top Accidental Death and Dismemberment providers, have teamed up to offer this unique and valuable plan.

In Association With Chubb Life, CustomCare Delivers:

- Premium savings in your overall benefit program
- A superior plan with higher benefit levels
- Fewer exclusions than many traditional insurer plans
- Competent and efficient claims processing, utilizing Chubb Life's focused risk expertise

# CHUBB®

The Accident Solution available through CustomCare is underwritten by Chubb Life Insurance Company of Canada ("Chubb Life")

**Call 1-866-820-2188 for more information on LifeNav**

### Contact Us:

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**CustomCare™**