

PLAN MEMBER

update

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GSC on the Go™ - putting your health in your hands...

Some things were just meant to go together...like our GSC on the Go mobile app and our new Change4Life™ health portal for plan members. Yes, that's right – now you can access all of the tools and resources (and even the rewards) available through Change4Life right from your mobile device, no matter where you are.

Download the latest version of GSC on the Go (available for Apple® iOS and Android™) and put your health in your hands today.

Haven't downloaded GSC on the Go yet?

Well, now with the addition of the Change4Life health portal, there's never been a better time. GSC on the Go offers lots of convenient features like on-the-go claiming, a provider search and an electronic ID card (your wallet will thank you).

More about Change4Life...

GSC's Change4Life health portal is your all-in-one, online path to achieving better health and winning great rewards. The health portal gives you insight into your current health, and provides you with personalized tips, easy-to-use online tools, and important information – all at your fingertips. And, if you have a diagnosed medical condition (like high cholesterol, hypertension or diabetes, for example), the health portal's tools and information can make it easier for you to manage your condition.

Here are just some of the things you can do on Change4Life...

- Receive a personalized health report card (with an overall health score) and a recommended action plan based on your answers to the health risk assessment survey
- Access targeted health education articles based on your health score
- Sign up to receive Stick2It medication and other health reminder emails
- Monitor your health and physical activity using innovative web-based tracking tools (including the ability to track your steps and diet)
- **And win rewards!**

*Log on and get started for
your chance to win!*

Just logging on to Change4Life and completing your health risk assessment will earn you enough points to enter to **win one of our \$250 gift card rewards!**

Change4Life is available to all GSC plan members who are registered for Online Services. **Not registered? Go to our website at greenshield.ca to get registered today (click GO under REGISTER/LOGIN)!**

*Please note that this newest release of the GSC on the Go app will not be available for Windows devices.