

Hi, we're PocketPills, Canada's leading online pharmacy. We're here to make your life easier.

As a PocketPills Member, you can fill prescriptions online, consult a pharmacist from the comfort of home, and get all your medications delivered straight to your door. This is pharmacy the way it's supposed to be (it's supposed to be amazing).

Why choose PocketPills?

Cheaper medication PocketPills saves you money on every prescription you fill through low pharmacy markups and a flat \$7 dispensing fee.

Free delivery Members enjoy FREE delivery anywhere in Canada*. Your medications arrive directly at your doorstep in discreet packaging.

Care for family members The Caregiver feature allows you to manage medications for everyone in your family, from children to grandparents.

*PocketPills may be restricted from delivering controlled substances and narcotics in your area. See [here](#) for more details

Make the switch to PocketPills today!

Signing up is fast and easy—it only takes a few seconds. Visit app.pocketpills.com to get started.



Pharmacists on call Our pharmacy team is standing by to answer your questions 7 days a week. Get in touch by text, live chat, phone or email.

Medication management Never miss a dose with PocketPacks. Your medication comes presorted by date and time of day.

Have any questions?

Give us a call at 1-855-950-7225
or email us at care@pocketpills.com

Hours of operation

7 days a week
9am - 9pm (ET)



Telemedicine Services



Offering a new front door to healthcare in Canada.

Telemedicine Services offers convenient access to quality healthcare when and where members need it most.

Members can visit with a certified physician by phone or video for a broad array of episodic healthcare issues. During the visit, they can receive a diagnosis, treatment recommendation, and even be prescribed medicine when necessary.

With Telemedicine Services, members can stop waiting for care and get back to feeling better, faster. And clients benefit by seeing an increase in productivity and a decrease in absenteeism.

Convenience

Members have 24/7 access to Teladoc by phone or app wherever they are located.

Greater access

Visits happen within an hour of contact, so members can get the care they need when they need it, without the long wait.

Clinical quality

Each doctor is board-certified by the College of Family Physicians of Canada to ensure the highest standards of quality.

84%

of Canadians believe employers have a responsibility to support their employees' health.¹

\$2.7B

lost by employers per year due to family-related health issues.²

50%

of Canadians are not able to schedule a doctor's appointment on the same or next day.³

Set up your Teladoc account in 4 easy steps



Download the app to talk to a doctor within an hour by phone or video.

- 1 Download the app**
Search "Teladoc" in the App Store or on Google Play.
- 2 Set up your account**
Once you've downloaded the app, select "Register Now," and then choose "employee" as your membership type.
- 3 Enter basic contact information**
Type in your last name, date of birth, and postal code.
- 4 Enter your information**
Enter a valid email address, password, your phone number, preferred language, and agree to terms and conditions.

Download the app to speak to a doctor within an hour

Download the app

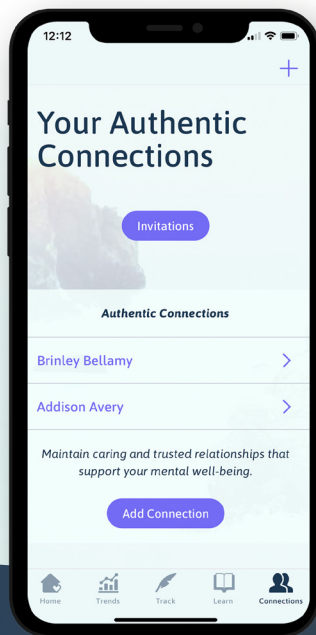


Call 1 888 983-5236 | Visit teladoc.ca

Loneliness and isolation are at an all-time high—so is the impact on your employees.

The Hugr Authentic Connections app can help.

Hugr is a mental wellness app designed to help people feel connected. The self-guided digital program can help users measure their level of social connection, discover how to build and maintain authentic connections, and regularly share how they're feeling with those closest to them. As a Chambers of Commerce Group Insurance Plan member, Hugr is free for you and your employees.



What are some of the key features of the app?



DISCOVER your level of social connection by completing self-awareness check-ins—identifying strengths and opportunities for growth and action.



DEVELOP evidence-based skills to identify and close gaps in your social connections through iCBT-based learning.



TRACK and view trends to see correlations in your social connections, experience at work, loneliness, isolation and anxiety.



SHARE your journey so the caring and trusted people in your lives can seamlessly know how you're feeling.

Why the focus on social connection?

As humans, we're genetically wired to need social connections. Not having them can be painful and pose a threat to our well-being. In fact, research has shown that lacking social connections carries a risk factor potentially worse than smoking up to 15 cigarettes a day, obesity, physical inactivity and air pollution. At work, a lack of social connection impacts how engaged we feel—and ultimately how productive we can be.

Co-designed with lived experience, industry expertise and research.

Hugr has been carefully designed and developed based on the lived experience of members of Territorial—a Canadian tech company and Chambers Plan member—and Dr. Bill Howatt—a renowned workplace mental health expert, researcher and author.

Together, this team achieved their goal of filling a critical gap found in other mental health apps—a unique focus on the importance of developing and maintaining authentic social connections no matter where you happen to be on your mental well-being journey.

Brought to you by:

How does the app help employees and your business?

Benefits for your employees:



- 🔗 Gives employees the skills to develop engaging and meaningful social connections in support of their mental well-being
- 🔗 When bad days happen, they have easy access to integrated support and tools
- 🔗 Normalizes the importance of personal mental well-being and reduces stigma
- 🔗 Helps employees forge psychologically safe and meaningful social connections at work and home

Benefits for your business:



- 🔗 Promoting Huger Authentic Connections demonstrates your commitment to employee well-being—particularly while we're experiencing unprecedented stress and social isolation
- 🔗 Employees will develop new knowledge and skills and feel a greater sense of connection at work, resulting in higher engagement, retention, productivity and performance
- 🔗 Huger Authentic Connections is a valuable, evidence-based addition to your workplace well-being toolkit that will proactively support all your employees

Anything else I should know?

As a member of Chambers of Commerce Group Insurance Plan, you and your employees have premium access to the app—giving you the full experience and tools to stay connected as you take care of your mental well-being. To sign up, simply download the app through the App Store or Google Play, plug in your birthdate and Chambers Plan certificate number and start connecting.

If you and your employees have access to Chambers Plan Employee Assistance Program (provided by Arete®) and need professional support, you will also be able to conveniently access the program from the app.

Brought to you by:

Chambers Plan Business Assistance Service Referral for Employees

If you are having trouble resolving a work, life or health problem, talking with a professional could give you the support needed during times of personal challenge.

The Chambers Plan Business Assistance Service Referral for Employees can help you to deal with situations in these four areas that could affect your well-being:

- **Work-related problems**
- **Dependency problems**
- **Marital and family problems**
- **Personal problems**

Give us a call and let us help you resolve your concerns and get you feeling like your old self again.

HOW DOES IT WORK?

The Chambers Plan has retained Arete[®] Human Resources Inc. as the independent service provider for all Business Assistance Services. To access the **Confidential Employee Assistance Referral**, please call Arete's toll-free number and a representative will assist you in connecting with a counsellor for your specific need. This referral service includes up to three hours of face-to-face counselling for the employee with a trained professional per calendar year.

IS THE SERVICE CONFIDENTIAL?

Arete[®] manages a national network of professionals, ready to assist you in a respectful, confidential manner. Their counsellors all belong to accredited associations and abide by Canada's Access to Information Act, Privacy Act, and provincial laws and codes of ethics governing their professions. Arete[®] knows the success of any assistance program is complete confidentiality and will never disclose information without expressed written consent.



NEED HELP?

Contact us toll free at:
1.877.922.8646

Please have your Firm number

and Certificate number

handy when you call. You will incur **no out-of-pocket expenses** when accessing these services, nor are you required to submit any claim forms.

 **Chambers Plan**
Employee Benefits

 **ARETE[®]**
HR INC.

Make informed medical decisions **with confidence**



When you have concerns or doubts about a diagnosis or treatment plan, Best Doctors can help. The Best Doctors services provide you access to over 50,000 world-renowned experts to give you the answers and the peace of mind you deserve. The team can provide an Expert Medical Opinion on an existing diagnosis and treatment to ensure you get on the path to wellness faster.

Don't forget, your dependents as defined in your benefit plan can also use Best Doctors. Plus, with the Extended Family Benefit, your parents and parents-in-law also have access to Best Doctors when they need it most.

Your available services

Expert Medical Opinion*

Review of an existing diagnosis and treatment from a world-renowned expert to confirm them or recommend a change.

Find a Best Doctor

Provides a list of experts who meet your criteria in your area from our expert network of over 50,000 physicians.

FindBestCare

Help finding world-renowned experts for diagnosis, treatment, and assessments outside of Canada.

Best Doctors 360°

Get help navigating the Canadian healthcare system and get access to a variety of information that's condition-specific, including websites, articles, and contacts for groups that can assist your medical needs.

Best Doctors services are proudly provided to every individual covered by Chambers of Commerce Group Insurance Plan.

How Expert Medical Opinion works



Step 1: Contact Best Doctors by phone or member portal



Step 2: The team will gather your medical records, review your case, and retest pathology (if applicable)



Step 3: Receive detailed expert recommendations

Using Best Doctors can help you:

- Feel confident about your diagnosis and treatment options
- Answer your medical questions and concerns
- Find a specialist or treatment facility either within or outside of Canada
- Navigate the healthcare system with useful resources

Starting a case is easy

☎ 1-877-419-2378 | 💻 bestdoctors.com/canada/start

*Formerly known as InterConsultation

Best Doctors is now part of Teladoc Health, the global leader in virtual care.
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