

Well-Balanced®

TAKE CONTROL OF YOUR MENTAL HEALTH

Improve your quality of life



Are you experiencing stress or anxiety that affects your day-to-day life?

Get online tools and phone coaching from health care professionals to help you improve your quality of life.

With an action plan and a personalized follow-up, the **Mental Health Coaching** service allows you to take charge of problems related to your mental health to help you improve your overall well-being on a daily basis.

Health Navigation Platform

In addition to the Mental Health Coaching service, you have access to the Health Navigation Platform. Online or by phone, the platform gives you access to various health resources and services such as finding a doctor in your area, locating home care services, or obtaining relevant information on a particular health condition or COVID-19.

How to access Mental Health Coaching:



Online

- This service is available in My Client Space at **ia.ca/account**
- In the left-hand menu, click on the **Health and Wellness** tab
- Select the **Health navigation platform and Mental Health Coaching** tile



By phone

For phone support, call **1-855-422-4622**, Monday to Friday, 6:30 am to 11 pm. (Eastern Time)

The Mental Health Coaching service and the Health Navigation Platform can help you take care of your health. **Take advantage now!**

Use of the Mental Health Coaching service is free of charge and only available to the primary insured. The Health Navigation Platform is available to you and your dependents insured under your group insurance plan.