



## Questions about your benefits? Your health? *my-benefits* has the answers!

If you have any questions or concerns, please contact your group benefit advisor or email our Service Centre at info@johnstongroup.ca

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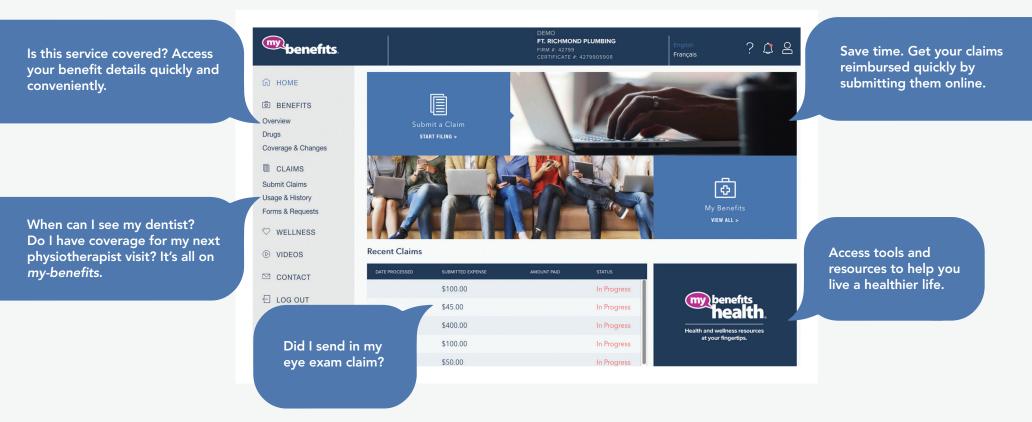
## **REGISTER AT MY-BENEFITS.CA**

Verify your identity, choose your own user ID and your registration is complete.

Let *my-benefits* start working for you today!

With *my-benefits* you have quick and secure online access to your group benefit coverage. You can view your benefit details, submit claims, set your Health and Dental payments to be deposited directly into your bank account – even see the next date you're eligible for services.

my-benefits health® provides health information you can trust when you have questions or concerns. It includes valuable tools and resources to find a family doctor, look up health conditions, and locate patient assistance programs.



Take twenty minutes and start living a healthier life TODAY. In the Wellness section, you and your dependents can complete a Health Risk Assessment to learn about your health risks and about the habits and behaviours you might be able to change to improve your overall health.

Coverage on the go. You can enjoy all the advantages of *my-benefits* on your Android™ or iOS device. Simply search 'my benefits' in either Google Play or the Apple Store and download the app to submit claims, view your coverage, or access your drug card. It's free and convenient. **Download it today!**