



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](mailto: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.

Is this service covered? Access your benefit details quickly and conveniently.

When can I see my dentist? Do I have coverage for my next physiotherapist visit? It's all on *my-benefits*.

Did I send in my eye exam claim?

Save time. Get your claims reimbursed quickly by submitting them online.

Access tools and resources to help you live a healthier life.

DATE PROCESSED	SUBMITTED EXPENSE	AMOUNT PAID	STATUS
	\$100.00		In Progress
	\$45.00		In Progress
	\$400.00		In Progress
	\$100.00		In Progress
	\$50.00		In Progress

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!**