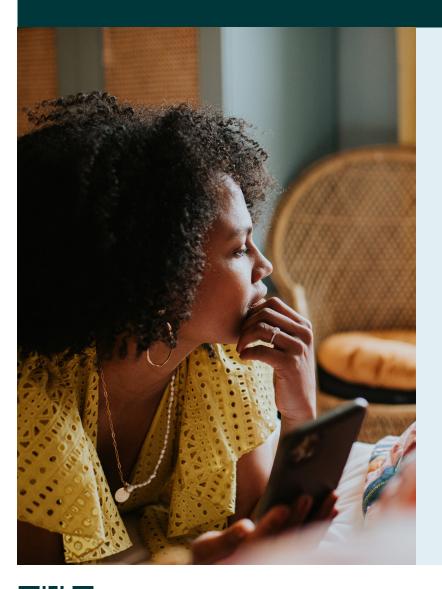
## How to Access GreenShield Substance Use Support

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Achieve your substance use health goals with professional guidance and support



Whether you've been struggling with substance use or are just interested in making changes for a healthier lifestyle, GreenShield Substance Use Support helps you achieve your unique goals in a confidential, approachable, and stigmafree environment.

Through GreenShield+, you can access evidence-based support and coaching, on-demand resources, and tools that are designed to help you effectively manage your substance use —anytime anywhere.

## How to register on GreenShield+:

- 1. Scan the QR code below or go to app.greenshieldplus.ca
- 2. Follow the instructions

**Having trouble?** Get answers to your questions and access personalized health resources with GreenShield+ Care Navigation located within GreenShield+.



