

Mental Health and Wellness COVID-19 Resources (03/23)

As the world navigates through this pandemic, we wanted to highlight a few resources clients, and Canadians to use should the concern around COVID-19 impact their mental health or access to medical services.

Maple & Shoppers Drug Mart: Virtual Care for all

Maple (a technology platform that offers timely and convenient virtual access to doctors and other healthcare providers) in partnership with Shoppers Drug Mart, are working together to help relieve the current burden on the healthcare system, specifically emergency rooms and hospitals. Where virtual care is not funded by provincial governments, Shoppers Drug Mart has graciously funded online physician consults at no cost to patients, providing access to care while following public health guidelines. **The service will be available from 7 a.m. to 9 p.m. until March 31, 2020** in an effort to help flatten the COVID-19 curve.

The virtual primary care visits will include diagnosing minor ailments and providing prescriptions for those who are unable to get access to a physician. The service allows Canadians to connect with a physician using a smart phone, tablet or computer. Consultations can be done through an app or website, by text, video or audio chat.

The Shoppers Drug Mart and Maple partnership is on a trial basis and we hope the relationship will be extended.

If it does not extend there is a cost to utilize the Maple service. Please visit <https://www.getmaple.ca/for-you-family/pricing/>

Maple & OHIP-Covered COVID-19 Screenings

If you are concerned about having contracted COVID-19, Maple will also be providing **OHIP covered COVID-19 screenings** to all Ontario residents with valid OHIP coverage.

If you're not suffering from emergency symptoms like difficulty breathing, it's important that you don't head to the ER or doctor's office without being screened first, as you could increase the risk of exposure to both yourself and others.

From the comfort of your home, Maple will safely connect you to a Canadian doctor, who can provide guidance on whether you need testing or emergency care. As with any standard Maple services, to ensure continuity of care, you can fax a summary of your COVID-19 screening visits to your family physician or any other place that you access care.

How to access Maple:

Accessing these services is so easy, you can do it straight from your couch at home! Simply register your account at <https://app.getmaple.ca/register>, click on "see the doctor", follow the prompts to set up your appointment and within minutes you'll be matched with a doctor.

Once you create an account you will be able to login at www.getmaple.ca or on their app for all your future appointments as well.

Please note that the two services currently offered at no additional cost to you are the "COVID-19 Screening Provider" and "General Practitioner" options. All other services are available at an additional cost.

Finally, if you already have an account and you are being prompted for payment to see a General Practitioner, contact Maple support and they will assist you promptly to get that issue resolved.



We understand the stress that can come with the impact of COVID-19 and want to reassure you that your health (mentally and physically) are always our number one priority and we will be here to help.

Stay happy and healthy,

- Sincerely, Your Morel Benefits Team