



Health Category	Name	Type of Solution	Cost	Discount	Language	Availability	Description
Senior Health & Care	AGE-WELL	Health Resource	Free	Free	Bilingual	Canada-wide	AGE-WELL is a pan-Canadian network that unites researchers, older adults, caregivers, partner organizations and future leaders to accelerate the delivery of technology-based solutions that support healthy aging.
	Bayshore Home Health	Product/Service	Fee for product/service	Free in-home assessment	Bilingual	Canada-wide	Bayshore Home Health is a provider of home and community health care services.
	Caretrak Medical Alert GPS	Product/Service	Fee for product/service	15% off	English	Canada-wide	Wearable medical alert pendant with GPS. Instant connection to help anywhere, anytime. Works beyond home boundaries across Canada.
	Elizz	Health Resource	Free	Free	English	Canada-wide	Elizz is a resource designed for caregivers and those who depend on them.
	Lianas Senior Transition Support	Product/Service	Fee for product/service	15% off	Bilingual	BC, ON, QC	Lianas Senior Advisors provides guidance and support with retirement residence search and personalized tours; sale of your home; downsizing and moving.
	Ovidis	Product/Service	Fee for product/service	20% off purchase	Bilingual	Canada-wide	Ovidis offers fashionable adaptive clothes designed for individuals facing mobility, sensory or cognitive challenges.
	LivingWell Companion™	Product/Service	Fee for product/service	Up to \$10 off / month	Bilingual	Canada-wide	LivingWell Companion™ is a 24/7 personal emergency response service that help thousands of Canadian seniors and their families enjoy peace of mind.
	Silverts	Product/Service	Fee for Product/service	15% off	Bilingual	Canada-wide	Silvert's Adaptive Clothing & Footwear, is a retailer that creates adaptive apparel designed to assist physically challenged individuals.
	L'Appui	Health Resource	Free	Free	Bilingual	QC	L'Appui aims to improve the quality of life of caregivers in Quebec and make their daily lives easier by supporting the deployment of complementary service offers.
Ontario Caregiving Organization	Health Resource	Free	Free	Bilingual	ON	The Ontario Caregiver Organization works to improve the caregiving experience by providing one point of access to information, services and supports that empower and enable caregivers to be successful in their role.	
Chronic Condition Management	Diabetes Canada	Health Resource	Free	Free	English	Canada-wide	Diabetes Canada advocates for and supports Canadians living with diabetes with helpful resources, education, and research. The Diabetes Canada website provides information about living and eating well with diabetes, plus interactive tools, educational webinars, recipes, and events.
	Manage My Pain	Product/Service	Fee for product/service	5 free report credits	English	Canada-wide	The Manage My Pain app allows you to track, analyze, and share your pain. It can help you better understand your condition and communicate with your doctor.
	JDRF	Health Resource	Free	Free	Bilingual	Canada-wide	JDRF is the leading global organization funding type 1 diabetes (T1D) research.
	Diabetes College	Health Resource	Free	Free	Bilingual	Canada-wide	Diabetes College shares evidence-based patient education materials to help people treat their diabetes, get active, eat healthy, feel well, and take control of their health. The resources are available across Canada, the program is located in Toronto.
	Cardiac College	Health Resource	Free	Free	Bilingual	Canada-wide	Cardiac College shares evidence-based patient education materials to help people treat their heart disease, get active, eat healthy, feel well, and take control of their health. The resources are available across Canada, the program is located in Toronto.
	Lung Health Foundation	Health Resource	Free	Free	English	Canada-wide	The Lung Health Foundation is dedicated to ending gaps in the prevention, diagnosis, and care of lung disease in Canada. The LHF invests in the future by driving groundbreaking research, and gives patients and their families the programs and support they need today.
	bant	Health Resource	Free	Free	English	Canada-wide except QC	bant is a platform developed by University Health Network (UHN) to simplify diabetes management. The app is bilingual but the website is not.
	Smart Nora	Product/Service	Fee for product/service	10% off	English	Canada-wide	Smart Nora is a contact-free snoring solution designed to stop snoring without waking up you or your partner.
	THRIVE	Program	Free	Free	Bilingual	Canada-wide	THRIVE is a 12 week program designed to prevent/treat chronic disease, get active, eat healthy, feel well, and take control of your health.
	My Viva Plan	Product/Service	Fee for product/service	10% off	English	Canada-wide	My Viva Plan is an innovative digital health program built by health-care professionals that helps you take control of your well-being. My Viva Plan provides customized programming and daily support to help individuals manage their lifestyle behaviours including mental health, nutrition, and fitness habits.
	Kwit	Product/Service	Fee for product/service	30% of premium membership	English	Canada-wide	Inspired by Cognitive and Behavioural Therapies, Kwit has developed an original approach, without nicotine substitutes, to support you in your smoking cessation. In the form of a game, the application helps you fight withdrawal symptoms through strategies to deal with the urge to smoke.
	Heart & Stroke Foundation of Canada	Health Resource	Free	Free	Bilingual	Canada-wide	Heart & Stroke empowers Canadians to live healthier lives – from preventing and controlling high blood pressure to getting more physical activity.
Canadian Diabetes Prevention Program	Program	Free	Free	Bilingual	AB, BC, MB, NS, ON	The Canadian Diabetes Prevention Program is a 12-month, digital health coaching program that empowers you to lead a healthier life and reduce your risk of developing type 2 diabetes.	
Mental Wellness	211.ca	Health Resource	Free	Free	Bilingual	Canada-wide	211's award-winning 24/7 National telephone help line and website provide a gateway to community, social, non-clinical health and related government services.
	HeadsUpGuys	Health Resource	Free	Free	English	Canada-wide	HeadsUpGuys is a website resource supporting men in their fight against depression by providing tips, tools, information about professional services, and stories of success.
	Anxiety Canada	Health Resource	Free	Free	Bilingual	Canada-wide	Anxiety Canada™ delivers free online, self-help, and evidence-based resources on anxiety.
	LigneParents	Health Resource	Free	Free	Bilingual	QC	LigneParents is intended for all parents of children aged 0 to 20. This service is available by phone and chat, free of charge and confidential.
	Tel-Jeunes	Health Resource	Free	Free	Bilingual	QC	Tel-jeunes offers phone, text, chat and email support to young people in Quebec so they can be supported and informed 24/7 on subjects that concern them.
	Friends for Mental Health	Health Resource	Free	Free	French	QC	Friends for Mental Health is a non-profit organization in Montreal that provides support and other resources to those close to a person with a mental health problem.
	MindShift CBT	Health Resource	Free	Free	Bilingual	Canada-wide	The MindShift™ CBT app uses scientifically proven strategies to help you relax and be mindful, develop effective ways of thinking, and take charge of your anxiety.

	BounceBack	Health Resource	Free	Free	Bilingual	ON	BounceBack is a free, skill-building program, available in multiple languages and easy to access from home. Adults and youth 15+ can benefit from the skill-building techniques offered by a trained BounceBack coach and workbooks.
	Snapclarity	Product/Service	Fee for product/service	\$35 off first month's subscription	Bilingual	Canada-wide	Snapclarity provides a personalized mental health care solution connecting you to licensed therapy.
	MindBeacon	Product/Service	Fee for product/service	Savings start at \$135.	Bilingual	Canada-wide	MindBeacon's digital therapy programs. Get customized mental health support through Therapist Guided Programs, available through a secure text-based platform or Live Therapy video calls.
	CAMH	Health Resource	Free	Free	Bilingual	Canada-wide	CAMH, located in Toronto, is Canada's largest mental health teaching hospital and one of the world's leading research centres in its field. Please contact the organization to find out about how to get connected to care.
	Pzizz	Product/Service	Fee for product/service	30% off	English	Canada-wide	Pzizz is an app with a sleep and power nap system to fall asleep fast, stay asleep, and wake up feeling refreshed.
	Jack.org	Health Resource	Free	Free	Bilingual	Canada-wide	Jack.org is Canada's only charity training and empowering young leaders to revolutionize mental health in every province and territory.
	MyLife	Product/Service	Fee for product/service	25% off	English	Canada-wide	MyLife is a mindfulness app that allows you to check in with your emotions and then recommends personalized mindfulness activities tuned to how you feel, including guided meditations, yoga, acupuncture, and relaxing soundscapes.
	Be There	Health Resource	Free	Free	Bilingual	Canada-wide	Be There will help you learn how to recognize when someone might be struggling with their mental health. It gives you 5 Golden Rules to help you support them.
	HUSH Blankets	Product/Service	Fee for product/service	\$35 off	Bilingual	Canada-wide	Hush Blankets is a weighted blanket company providing a sleep solution for those who suffer from anxiety, insomnia, ADHD and more.
Food & Nutrition	Yumi Organics	Product/Service	Fee for product/service	10% off	Bilingual	Canada-wide	Yumi Organics is a Canadian company that offers a delicious selection of overnight oats for breakfast.
	Cook it	Product/Service	Fee for product/service	\$80 off	Bilingual	NB, NL, NS, PEI, ON, QC	Cook it is a Montreal-based, online meal kit company. It aims to reduce food waste, mental workload associated with meal planning and share the art of eating well.
	Evive Smoothie	Product/Service	Fee for product/service	30% off	Bilingual	Canada-wide	Evive has created unique and innovative frozen cubes in the form of smoothies and lunches to allow you to prepare a nutritious meal in less than 3 minutes. All products are organic, plant-based, with zero added sugar.
	Fresh City Farms	Product/Service	Fee for product/service	\$100 off	English	ON	Fresh City delivers farm-fresh and organic produce, recipe kits, prepared foods and other groceries.
	Canada's Food Guide	Health Resource	Free	Free	Bilingual	Canada-wide	Canada's food guide encourages healthy food choices and healthy eating habits. The guide offers recommendations, actionable tips, recipes and resources to help you eat well and live well.
	Aura Nutrition	Product/Service	Fee for product/service	25% off	English	Canada-wide	AURA is a Canadian, holistic, community-driven brand that provides essential supplements to help every female achieve their wellness goals.
	Cronometer	Product/Service	Fee for product/service	20% off	English	Canada-wide	Cronometer is an app that tracks your nutrition using high quality data to help you make informed health decisions.
	HEAL Nutrition	Product/Service	Fee for product/service	10% off	English	Canada-wide	HEAL Nutrition provides support and accountability to heal your digestion, improve your energy, manage your weight or balance your hormones. HEAL's 1:1 coaching will give you customized support to work through what's bothering you and will give you a solution that fits with your lifestyle.
	Naked Snacks	Product/Service	Fee for product/service	20% off	English	Canada-wide	Naked Snacks offers healthy and delicious snacks, delivered right to you.
	WW (Weight Watchers reimagined)	Product/Service	Fee for product/service	40% off	Bilingual	Canada-wide	WW – Weight Watchers reimagined – is a weight management program with grounded in behaviour-change science. The program offers food tracking, fitness videos, audio mindset content and support from the WW community.
	Plant Nanny	Product/Service	Fee for product/service	Free in-app rewards	English	Canada-wide	Plant Nanny ² is a water reminder that keeps track of how much water you drink - each glass also waters the app's plants so you both can thrive.
Fitness & Activity	Fabulous	Product/Service	Fee for product/service	60%	English	Canada-wide	Fabulous is a habit tracker app that helps you sharpen your brain, skyrocket your productivity & enhance your life.
	LIFT Session	Product/Service	Fee for product/service	Up to 30%	English	Canada-wide	LIFT session offers online streaming of workouts with elite coaches.
	MindBody	Product/Service	Fee for product/service	Free	English	Canada-wide	Explore and book live and on-demand yoga, Pilates, barre, HIIT and meditation classes across the globe, from your phone, computer, and tablet.
	Nimbleback	Product/Service	Fee for product/service	Up to 20%	English	Canada-wide	Nimbleback is a foam beam that helps release your back, neck and shoulder tension in 10-minutes a day.
	RunGo	Product/Service	Fee for product/service	Free trial of premium	English	Canada-wide	RunGo is a running app created to discover the best routes in the world with turn-by-turn voice navigation.
	Seven Movements	Product/Service	Fee for product/service	25% off	English	Canada-wide	Seven Movements is a self-care platform designed to help you build healthy exercise habits for 7-minutes a day.
	YogaTribes	Product/Service	Fee for product/service	15% off	Bilingual	Canada-wide	YogaTribes is the world's first shared directory for yoga classes & events. Search, find and book a yoga class on YogaTribes.com
	ParticipACTION	Health Resource	Free	Free	Bilingual	Canada-wide	ParticipACTION is on a mission to inspire Canadians to make physical activity a vital part of their everyday lives. The ParticipACTION app is designed to get Canadians moving and to reward them with awesome prizes.
	Movr	Product/Service	Free	Free	English	Canada-wide	movr is a mobile app that uses a simple movement assessment to provide personalized exercise prescription in short, approachable sessions.
Family & Home	ATTITUDE	Product/Service	Fee for product/service	10% off	Bilingual	Canada-wide	ATTITUDE offers high-quality personal care and household products that are better for the body and our planet.
	CANImmunize	Health Resource	Free	Free	Bilingual	Canada-wide	CANImmunize is a free digital tool for Canadians that securely stores your vaccination records and helps you get vaccinated on time.
	iMD Health	Health Resource	Free	Free	English	Canada-wide	iMD Health is a digital patient education and engagement platform, providing patients with secure, medically-vetted information.
	MediaSmarts	Health Resource	Free	Free	Bilingual	Canada-wide	MediaSmarts is a not-for-profit centre for digital and media literacy, developing programs and resources for Canadian homes, schools and communities.
	Movember	Health Resource	Free	Free	English	Canada-wide	Movember is a global men's health charity that raises funds to deliver innovative, breakthrough research and support programs.

	School Success	Product/Service	Fee for	product/service	\$50 off one session	Bilingual	Canada-wide	School Success offers online tutoring services for elementary and high school students in all subjects.
	Well.ca	Product/Service	Fee for	product/service	10% off	English	Canada-wide	Well.ca is an online destination for health, wellness, baby & beauty, with a focus on green & natural products.
	SKIP	Health Resource	Free		Free	Bilingual	Canada-wide	SKIP (Solutions for Kids in Pain) is a national knowledge mobilization network that seeks to improve children's pain management by mobilizing evidence-based solutions through coordination and collaboration.
	Willfora	Product/Service	Free		Free	English	Canada-wide	Willfora's free online service can help you create a legal Will in under 20 minutes. You can also choose to give back to causes that are important to you.
	Vetster	Product/Service	Fee for	product/service	25% off virtual veterinary appointments	English	Canada-wide	Vetster connects pet parents with veterinarians over video chat. It's telemedicine for your pet.
	Shapa	Product/Service	Fee for	product/service	25% off membership	English	Canada-wide	Shapa pairs a numberless scale with a user-friendly app to deliver a personalized program that analyzes, tracks, and motivates you towards a healthy weight and lifestyle.
Vision & Hearing	Clearly	Product/Service	Fee for	product/service	Up to 30% off	Bilingual	Canada-wide	Shop at Clearly.ca to find a huge range of contact lenses, as well as 2,000+ glasses and sunglasses styles by designer and exclusive labels.
	Hearing Life	Product/Service	Fee for	product/service	10% off hearing aids	English	AB, BC, MB, SK, ON, NS	Canada's largest group of hearing centres with over 200 locations across the country. Hearing Life gives you access to the most advanced hearing aid technology, clinical support and the most up-to-date diagnostic equipment.
Medical Products & Resources	Accucare Canada	Product/Service	Fee for	product/service	15% off	Bilingual	Canada-wide	Accucare is a provider of medical devices and compression garments. Accucare provides a secure e-commerce model available to patients located in Canada who want to place orders online, or through the 24 hr Contact Centre.
	Careica	Product/Service	Fee for	product/service	15% off regular priced CPAP equipment and supplies	English	BC, AB, SK, MB	Careica Health offers sleep apnea testing, treatment, and CPAP equipment online and across 24 locations in Canada.