

# How to Access GreenShield Substance Use Support

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 stigma-free 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](https://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+.



Log into your GS+ account  
to access all your services.

[greenshield.ca](https://greenshield.ca)

