

## Access the Am Mindfulness App

Here is an opportunity to take control of your stress through access to the Am Mindfulness mobile app at no cost for six months!

With the COVID-19 crisis testing Canadians' mental resilience on a daily basis, tools and services that tackle heightened stress and anxiety are more valuable than ever. Throughout the pandemic, Green Shield Canada (GSC) has focused on bringing mental health solutions within easier reach, and they continue to look for ways to ease the strain.

Their latest partnership is centred around mindfulness, a theme that GSC has explored in detail over the years while creating a mindfulness program on their Change4Life® health portal. As the next step in the mindfulness journey, they have partnered with Mobio Interactive to provide our plan members with **premium-level access to the Am Mindfulness mobile app at no cost for six months**. The 6-month free period begins the moment the account is created. Plan members have until the end of this year to sign up in order to take advantage of this opportunity.

The app takes mindfulness resources to the next level and puts plan members in the driver's seat with a range of helpful features, including:

- Accurate measurement of stress levels in under 30 seconds, using nothing more than selfie videos (before, during, and after resilience training)
- Resilience training built around step-by-step audiovisual "journeys", with recommended material tailored to specific needs
- Two dedicated modules for COVID relief: "Facing COVID" and "The Flip Side"
- A wide variety of breathing exercises
- A journal to track "mindful minutes" and mental wellbeing

Plus, when it comes to data privacy, rest assured that personally identifiable information will not be stored by Mobio Interactive.

To learn more, plan members can visit <https://ammindfulness.com/gsc> to see how Am Mindfulness can provide a helping hand in these challenging times.

This service is currently available in English only.