

PHZIO CANADA BRINGS PHYSIOTHERAPY TO YOU... VIRTUALLY

Need the services of a registered physiotherapist? Phzio Canada offers an easy and cost-effective way to receive physiotherapy treatment virtually – for qualifying injuries or conditions – through the Phzio platform using your computer or mobile device. You'll receive a discounted price simply for being a GSC plan member. And you qualify for this discount even if your benefits plan doesn't include physiotherapy coverage.

HIGHLIGHTS OF PHYSIOTHERAPY VIA THE PHZIO PLATFORM:

- No need to travel to a clinic
- Evaluations and treatment with a registered physiotherapist where and when it's convenient for you
- A customized rehabilitation program specific to your injury or condition, with guided online exercises tailored to your needs and progress
- Appointments can be booked online, and you can message your physiotherapist at any time
- Virtual treatment can be used as an alternative to face-to-face physiotherapy or to supplement it



WHAT'S THE COST?

As a GSC plan member, you and your eligible dependents have access to exclusive discounted rates – less than the cost of most in-person physiotherapy treatments. These rates can be found on the “Discounts” page of our website at [greenshield.ca](https://www.greenshield.ca). Reimbursement is subject to your existing physiotherapy coverage limitations. Check to see whether your benefits plan provides coverage for physiotherapy treatment before you book your appointment. You'll only pay out-of-pocket for the amount not reimbursed by your benefits plan, and you don't need to submit a claim yourself as the physiotherapist will submit your claim directly to GSC following your virtual visit.

HERE'S HOW IT WORKS...

- Your treatment begins with a live video call on the Phzio platform with a registered physiotherapist.
- Together, you complete your movement evaluation/assessment to determine whether a virtual experience is right for you and your medical condition/issue. This initial assessment typically lasts 30-40 minutes with follow-up appointments each lasting 30 minutes.
- If you're a good fit, a customized treatment plan will be created by the physiotherapist who will monitor your progress along the way.
- And don't worry, your use of Phzio – including interactions with your physiotherapist – is always completely confidential.

WAIT, THERE'S MORE!

Along with a discounted rate for virtual physiotherapy treatments, you also have access to a free resource portal that can be used to address and prevent musculoskeletal and ergonomic issues.

Phzio Canada's [MSK360 portal](#) is a self-serve resource which includes videos that demonstrate stretches and best practices that can address and prevent minor aches and pains. You can also learn tips for creating a supportive and ergonomically correct workspace – especially useful for those who are working from home. And you don't need to receive treatment via the Phzio platform to use the MSK360 portal, so check it out!

LET'S GET STARTED...

Want to learn if physiotherapy treatment delivered via the Phzio platform is right for you? Visit phzio.com/gsc and click on "Book an appointment." You'll be guided through the steps to complete your personal assessment and to book your first appointment with a physiotherapist.

To access the MSK360 portal, visit msk360.phzio.com/gsc.

1-888-711-1119

greenshield.ca