

# Supporting Your Journey to Healthier Living



sparrow is GroupSource's unified health and wellness concierge – a single app that provides you, your spouse, and dependents with integrated mental and physical health support, as well as additional wellness services tailored to support you through all life's challenges. By transforming the landscape of healthcare integration and accessibility, sparrow gives you seamless access to comprehensive care so you can prioritize their whole health.



## Total Health & Life Services

**sparrow is a gateway to a modernized Employee and Family Assistance Program (EFAP) that goes beyond expectation from a traditional EFAP offering.**

- Health, career, and lifestyle coaching
- Legal and financial counselling
- Critical incident and 24/7 crisis support
- Substance use management
- Life Transition resources to support those navigating eldercare, childcare, pregnancy and more
- Personalized nutrition services



## Enhanced Mental Health Support

**Transforming access to mental health support and resources so that you can proactively manage your mental well-being.**

- Virtual and in-person individual and couples counselling
- Kid's mental health support
- Self-guided iCBT therapy to help reduce anxiety and depression symptoms
- Network of over 5,000 therapists, offering services in over 30 languages
- Access to Noojimo, Canada's only Indigenous owned, run and staffed virtual mental wellness clinic



## Pharmacy

**sparrow's integrated pharmacy combines the trusted expertise of licensed pharmacists with the ease and accessibility of a digital platform.**

- Affordable dispensing fee combined with fast, free delivery wherever you are, anywhere in Canada
- Personalized prescription management includes daily dose packaging and auto-refills
- Virtual pharmacist consultations to assess medications and recommend therapy changes to support better health



Log into your sparrow account to access all your services. Available on most phones, tablets and computers.

Have questions? Contact us at 1.866.644.6881.

