

Quality care at your fingertips.

Get convenient, personalized support from our team of therapists, nurses, general practitioners, financial coaches and more.

Mental health and well-being support

- Access individual and couples counselling by video, phone or in-person
- Confidential virtual therapy wherever you are
- Access Work, Health and Life Services (support for legal matters, financial planning, career, health issues and life transitions)
- Get crisis support 24/7/365 at 1-866-798-6793

Telemedicine

- See Canadian-licensed general practitioners in minutes, 24/7/365
- Communicate via text messaging, audio, or video chat
- Receive medical advice, digital prescriptions, and more
- Own and manage your comprehensive health record

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Log into your GMS Care Network account to access all your services.

app.gmscarenetwork.ca
Organization Code:

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HEALTH INSURANCE