# English email template

Group insurance – Take advantage of online services

The [online services](https://www.desjardinslifeinsurance.com/en/group-insurance-plan-members/services?utm_source=gabarit-adh&utm_medium=docx&utm_content=lientexte-video-adherent-en&utm_campaign=201901-age-sel) available through your group insurance can help you do a lot of things: you can submit a claim, see if you’re covered for a specific drug, manage your insurance and more.

If you’re unsure about using online services, there’s a new section on the Desjardins Insurance website where you’ll find step-by-step instructions for the following operations:

* Registering for online services
* Signing up for direct deposit or making changes
* Submitting a claim online
* Managing your list of providers
* Coordinating benefits with another plan
* Changing your list of dependents
* Confirming a dependent’s student status
* Finding your insurance booklet
* Retrieve your user ID or password
* Accessing the Health is Cool 360° platform

Go to [desjardinslifeinsurance.com/findouthow](https://www.desjardinslifeinsurance.com/en/group-insurance-plan-members/need-help/how-to?utm_source=gabarit-adh&utm_medium=docx&utm_content=vanityen-url-mas-en&utm_campaign=201901-age-sel) to check them out.