

An informational bulletin for members of the ELCIC Group Benefits Plan



July 2015

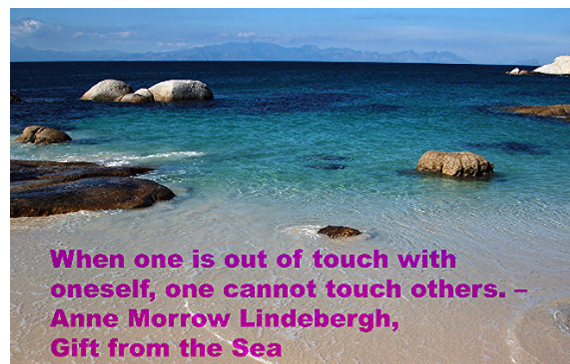
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***Take the time to LifeSpeak
this month...Anytime,
Anywhere!***

Wellness Calendar

**July 24th -
International Self-Care Day**



**July 30th -
International Friendship Day**

hours a day, 7 days a week: [Login](#)

User name: elcic

Password: wellness

LifeSpeak on Demand



Managing Mechanical Body Pain

Dr Chris Oswald, Chiropractor and Author

- Evidence Based Stretching and Core Exercises
- Smarter Ways to Sit and Sleep
- Mechanical Pain - Understanding its Origin

LifeSpeak is now accessible through workhealthlife.com in addition to accessing your LifeSpeak library through the LifeSpeak website. The LifeSpeak videos will appear under the WHL categories and topical search results.

Ask the Expert Web Chat - Addiction & Substance Abuse

When? July 15th at Noon EST

Who? Dr Ray Baker, MD, FCFP, FASAM

What? Addiction and Substance Abuse, including Prevention, Treatment and Recovery.

[Sign up Now](#)

Office Workers Suffer from Infobesity

from **Benefits Canada - Tech Issue 2014**

Move over, obesity. A new malady is afflicting modern society:

infobesity, the over-consumption of information.

About 55% of office workers in the U.K. say they're suffering from infobesity. As a result, 43% of those workers are stressed, and 34% are feeling overwhelmed.

This is according to a newly released Microsoft study called Defying Digital Distraction. The report also reveals that 40% of respondents constantly check their mobile devices to see if they've received an important work email. More than half (52%) say the last thing they do before going to bed is take a final look at the news and their email feed. And 45% of employees feel they should reply to work email instantly-no matter where they are or what they're doing.

"But it doesn't have to be that way," the report argues. "Succumbing to the digital distractions of our lives and failing to harness the transformative power of technology are simply beginners' mistakes." What employees get wrong, according to the study, is using technology to speed up the old ways of working instead of using it to transform work and "fundamentally re-imagine" the way they use information.

New from Manulife: "My Drug Plan" Goes Wherever You Go!

[My Drug Plan](#) is a personalized online tool that you can use on your computer, tablet or mobile device. It is available through Manulife's Plan Member Secure Site:

manulife.ca/plan_member



My Drug Plan features a drug lookup tool that helps answers questions like:

- Is my prescription covered?
- How much does my plan pay?
- How much do I pay?
- Is there a lower cost alternative?
- Does it need to be approved by Manulife before I buy it?

It also includes these resources to improve your experience:

- Manulife prior authorization



53%

of millennials would rather give up their sense of smell than their technology - 2011

McCann Worldgroup study

76%

of millennials own a smartphone

- 2013 Nielson research

Super-Food of the Month

from "Zoomer Magazine" - June 2014



Greens

program

- Drug library for information about a drug and potential side effects
- Provincial drug plan, Step therapy and limit on dispensing fee resource centres

You can get answers to many drug plan questions whether at your doctor's office, pharmacy or home.



GSI administers pension and benefits plans that enhance the well-being of employees who serve in the ELCIC and its affiliates.

Yesterday it was spinach, today it's kale, but it's all good. Dark green leafy vegetables (other top choices are collards and turnip greens) are high in vitamins, magnesium, calcium and cancer-fighting compounds. They protect your bones and eyesight, and may contribute to a high-quality old age. **WHAT A BARGAIN** Greens are high in fibre but low in calories, so they make you full without making you fat.

For recipe ideas visit:

www.everythingzoomer.com/tag/leafy-green-recipes

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