

April 2014 GSI Newsletter

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An informational bulletin for members of the ELCIC Group Benefits Plan

April 2014



Manulife Provider E-Claims

Manulife is excited to announce the Provider eClaims system is now available (started March 30, 2014). This means that claims can be submitted directly to Manulife on your behalf right from the office of your physiotherapist, chiropractor, massage therapist, acupuncturist, opticians and optometrists. This will save you time, and in many cases, you will only pay the provider what our plan doesn't cover. Manulife will pay the balance directly to the provider. Note that you must have activated your on-line account and signed up for direct deposit and electronic claims statements to take advantage of this completely digital service. More information is available at <http://www.manulife.ca/planmember>

Manulife Health eLinks

Consider taking a health risk assessment. Complete the on line questionnaire and you will receive a personalized summary report that will tell you how you measure up to important health risk factors. Once



April LifeSpeak - Ask the Expert Web Chat

When? April 22nd at noon ET

Who? Helen Vanderbury, Health and Fitness Writer and Speaker

What? Fitness and How to Incorporate it into Your Busy Life

<http://ondemand.lifespeak.com/asktheexpert/>

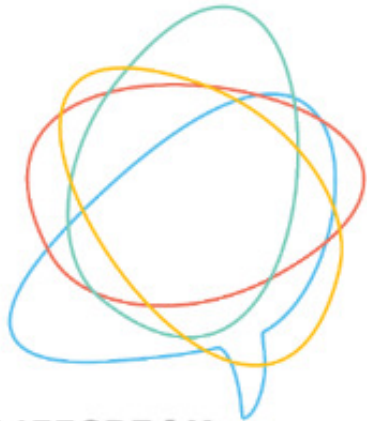
Monthly Benefit Highlight

Did you know...

The benefits plan covers the purchase and fitting of prescription glasses or elective contact lenses, as well as repairs, or elective laser vision correction procedures to a maximum of \$250 during any 24 months with no deductible. Eye exams are covered in addition to that once per 12 months for dependants

those are assessed you can create your action plan with goals to improving your health. <http://www.myhealthforlife.ca>

once per 12 months for dependants under age 18 and once per 24 months for everyone age 18 and over.



LIFESPEAK

You can access LifeSpeak On Demand 24 hours a day, 7 days a week by logging onto:

<http://shepellfgi.lifespeak.com/>

user name: elcic

password: wellness

Mobile Devices

You can now stream video and listen to audio podcasts on your smartphones and tablets.

<http://ondemand.lifespeak.com/mobile/>

LifeSpeak 2.0

You can sign up for the complimentary LifeSpeak 2.0 - Ask the Expert, a monthly LifeSpeak moderated web chat with a renowned expert. This is an online tool to get your own questions answered from a subject-matter leader. Sign up by going to:

<http://ondemand.lifespeak.com/asktheexpert/>



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

New Videos in your LifeSpeak On Demand Library

We recognize that balancing work and life while staying healthy can be challenging for many of us. To support you in your efforts to integrate and meet the demands of your work and personal life, we are pleased to announce that LifeSpeak has added new videos to the LifeSpeak On Demand online library. Here are the topics:

- Return to Work After Medical Leave
- Common Marital Conflicts
- Estate Planning - Common Issues
- Client Acquisition - Face to Face
- The Leader as Coach
- Emotional Intelligence
- Mentoring 101
- Bullying 101

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