

July 2014 GSI Newsletter - Group Benefits

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An informational bulletin for members of the ELCIC Group Benefits Plan July 2014



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Monthly "Superfood" Feature



Berries

All fruits are good for us, but intensely coloured berries in particular have a lot going for them: they are high in flavonoids, known antioxidants. The anthocyanin pigments that provide their intense colour have a number of disease-protective properties and you can eat their skins in which healthy compounds are more concentrated. Berries have been shown to reduce high blood pressure and the risk of heart attack. [Go](#)



You can access LifeSpeak On Demand 24 hours a day, 7 days a week.

[Login](#)

user name: elcic

password: wellness

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

Fitness Strategies for Busy Employees

by Helen Vanderburg, Health and Fitness Writer and Speaker

- How to Get Started on your Fitness Journey
- Removing the Barriers to Exercise
- The Realm of Non Traditional Fitness Activities

Mobile Devices

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

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

Sign up for the next Ask the Expert Web Chat

When? July 15th at Noon EST

Who? Dr. Daniel Gorman, Psychiatrist

What? Attention Deficit Disorder

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

Announcing our "Watch and Win" Challenge Winners

pressure and the risk of heart attack. 

outside the berry box - Explore the exotic berries, like goji and acai.

[Nutrition Tips for the Healthiest Summer Ever](#)

Monthly Benefit Highlight

Thinking of taking a family trip this summer? Don't forget to take along your Manulife card in case of any unforeseen travel health emergencies. For full details of the out of province/out of country ManuAssit coverage refer to the [Group Benefits](#) tab on the GSI website.



[Tips for Planning a Family Vacation on a Budget](#)

Canadian Travel Trivia

Banff National Park, located in the Province of Alberta, is the oldest national park in Canada, established in 1885.

The only walled city north of Mexico is Quebec City; it was also the first city in North America to be placed on UNESCO's World Heritage Sites list.

Over eight times the height of Niagara

From May 15 to June 15, 2014, plan members who watched a LifeSpeak On Demand Video and completed the Watch and Win form, were automatically entered in a draw to win one of two \$50 Best Buy gift certificates.

The draw took place on June 16, 2014 and our two winners are:

Rev. Stephen Weber
(St. Paul's - Cambridge, ON)

Rev. Martin Malina
(Faith - Ottawa, ON)

"Congratulations" to our winners and **"Thank You"** to all those who participated in the challenge!

Teaching Online Civility



Every family has a moral code - what they consider to be right or wrong, how they treat people, and what behaviour is acceptable. Children learn this moral code at home through their parents and other family members.

Click to read the full article in the [Balance](#) newsletter from Shepell•fji, our Employee and Family Assistance Program (EFAP) provider.

Falls, the Della Falls is the highest waterfall in Canada. The Della Falls is located in Strathcona Provincial Park near the town of Port Alberni, BC.

The City of Estevan, Saskatchewan in southeast Saskatchewan is Canada's sunshine capital, averaging 2,540 sunshine-filled hours each year.

Completed in 1899, the world's longest covered bridge is located in Hartland, New Brunswick. It is 390 meters (1,292 feet) long and spans the Saint John river. There are 62 covered bridges in New Brunswick - be sure to make a wish as you drive through!

In Nova Scotia, Halifax Citadel National Historic Site is the most visited National Historic Site in Canada. The practice of firing a gun from the site at midday dates from 1856 and continues today.

Manage Your Benefits Plan On The Go

Manulife has just released a mobile app that allows you to manage your benefits from your smartphone or tablet.

The **Group Benefits Mobile** app is available in all app stores for all mobile devices. With the app, you will be able to:

- Submit claims from your mobile device
- View your most recent claims
- Explore claim details

Visit your favourite app store to download it now and enjoy the convenience of managing your benefits on the go.

Wellness Calendar



**July 30th
is the
"International Day of Friendship"**

Most people know that proper nutrition, exercise, and regular checkups promote good health, but did you know that friendship is just as important.

July 30th is a day to recognize, celebrate and thank your friends who have made a difference in your life.

**True friendship multiplies
the good in life and divides its evils.**

**Strive to have friends,
for life without friends
is like life on a desert island...
to find one real friend in a lifetime
is good fortune;
to keep a friend is a blessing.**

Most Commonly Used Prescription Drugs

The following is a list of the top 10 prescription drugs, along with their most common indications, used by ELCIC group benefits plan members during the last plan year ended May 31, 2014.



1. **TECTA** - ulcer/reflux
2. **NOVOHYDRAZIDE** - high blood pressure
3. **SYMBICORT 200 TURBUHALER** - asthma
4. **NOVA-LANSOPRAZOLE** - ulcer/reflux
5. **RATIO-LENOLTEC** - pain
6. **SANDOZ-RABEPRAZOLE** - ulcer/reflux
7. **SANDOZ TAM SULOSIN** - benign prostatic hyperplasia
8. **APO-HYDRO** - high blood pressure
9. **CYMBALTA** - depression
10. **APO-FUROSEMIDE** - high blood pressure





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

You are receiving this email because you are a member of the ELCIC Group Benefits Plan.

In accordance with the anti-spam legislation that took place on July 1, 2014, members are able to unsubscribe from receiving communications using the unsubscribe link which can be found below. However, we may continue to send certain types of communication electronically to you as required under legislation.

Our mailing address is:

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