

An informational bulletin for members of the ELCIC Group Benefits Plan



October 2015

May you always have a bounty on your table and friends and family to share it with. Wishing you a happy and healthy Thanksgiving holiday!



In this Issue:

- Watch & Win
- Effects of Stress and Anxiety

Know Your Group Benefits Plan...

Pay Direct Drug Card for

Disorders

- My EAP app
 - Pay Direct Drug Card
 - Introducing Manulife "DrugWatch"
 - Wellness Calendar
 - When the Children Have Left
- Home: Adjusting to an Empty Nest

There's still time to "Watch & Win"...

Until October 15th every time you watch a LifeSpeak video, you can complete the **Watch & Win** form below the video player and your name will be entered to win an iPod Shuffle. Enter as many times as you like - the more you watch, the better your chances!

New volumes have been recently added to the LifeSpeak video library. Look for the "NEW" bubble beside the video listing.

***LifeSpeak
On
Demand***



shepellfgi.lifespeak.com

Prescription Drugs

Present your Manulife Financial card at the Pharmacy and no further claim submission should be required. After entering card and prescription information, the pharmacist advises what is covered under the plan and what the plan member's payment will be. You will be required to pay only those amounts not covered by your plan. You may obtain additional Manulife Financial Cards for your registered Dependents, but all cards will be in your name. Please contact GSI's Benefits Administrator, Barb Fortier, to arrange for additional cards.

Introducing Manulife

"DrugWatch" The world of prescription drugs is changing rapidly and dramatically. Over the years a few drugs have entered the market with high prices, but now, like never before, there is a lengthy list of high-cost drugs, many intended for large populations, that could profoundly impact our health premiums. Therefore, Manulife has introduced **DrugWatch** which is a rigorous oversight program designed to ensure we are getting value for the dollars spent on these new higher cost drugs. Manulife **DrugWatch** is designed to help protect your health plan and your health.

***Wellness Calendar
Life Events***

Access LifeSpeak On Demand
24 hours a day, 7 days a week

Login

User name: elcic

Password: wellness

Ask the Expert Web Chat:
***Effects of Stress and
Anxiety Disorders***

When? October 21st at Noon EST



Who?

Dr Deborah Ledley,
Psychologist and
Author on Anxiety
Disorders

What? The effects of stress and anxiety disorders on work/school performance, sleep, and your social life (questions about both adults and kids welcome)

Sign Up Now



My EAP app

Your EFAP support on-the-go.
Anytime, anywhere.

- Book services
- Access counselling
- Discover helpful articles, videos and assessment tools

***October 4 -10th
Mental Illness
Awareness Week***

Eye Health Month

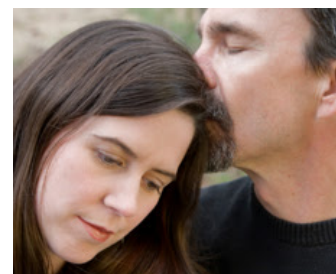
**Breast Cancer
Awareness Month**

***October 10th
World
Mental Health Day***

***When the Children
Have Left Home:
Adjusting to an
Empty Nest***

You have protected and guided your child, comforted and supported them, and prepared your son or daughter to begin the next chapter in their adult life. Chances are you feel both excitement and worry as they venture out on their own...

**[Read
the full
article](#)**



from this month's **Balance**, a monthly newsletter from your Employee and Family Assistance



**Free download
available on
multiple devices**

Program (EPAP) that offers helpful tips and tools to balance your everyday work, health and life demands.



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

Copyright © 2015 ELCIC Group Services Inc, All rights reserved.
You are receiving this email as the GSI contact.

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:

ELCIC Group Services Inc
805-177 Lombard Ave
Winnipeg, MB R3B 0W5
Canada

Add us to your address book

[unsubscribe from this list](#) [update subscription preferences](#)