



GSI Newsletter - March 2016

An informational bulletin for members of the ELCIC Group Benefits Plan



March 2016

**Your LifeSpeak
just got better.**

GET STARTED

Click  and create your 100% confidential LifeSpeak account, using your organization's corporate ID: **wellness**

You can also take 90 seconds to watch our video about your updated LifeSpeak platform.

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**Your
LifeSpeak
Just Got
Better!**



Connected. Access expert content on web, mobile, and tablet - anytime, anywhere.

Convenient. Start watching on one device, continue watching on another.

Customized. Create playlists of topics that interest you most.

Personalized. Receive recommended content tailored to your preferences.

Easy. Enjoy a better experience with a new look that helps you find what you need, easily and quickly.

24/7 expert advice, now customized for you.

Get Started. [Click here](#) to create your personal 100% confidential LifeSpeak account. Use

Corporate ID: wellness

March Life Events

Nutrition Month

**Music Therapy
Awareness Month**

**Sleep Awareness Week
March 6-12th**

**International Women's
Day
March 8th**

**World Water Day
March 22nd**

**Purple Day -The Global
Day of Epilepsy
Awareness
March 26th**

March is Nutrition Month

What we decide to fuel our bodies with can have a profound impact on energy levels, how well we fend off illness and how we feel from day to day. There are lots of mixed messages to sort through about how you should eat. Let us help you with your diet so you can achieve your goals. Nutrition Support Services offer a holistic and proactive approach to your nutrition and wellness.

The Employee and Family Assistance Program (EFAP) can

Boost Your Financial Health

There's a tremendous amount of anxiety surrounding the fact that people don't know where they stand financially.

From April 4th to April 29th, 2016 **LifeSpeak** will run a four-week "Boost Your Financial Health" campaign focusing on education around personal financial health, along with practical and easily implemented tips for improvement. All campaign content will be available under the ENGAGE tab in your **LifeSpeak** library for you and your family members to watch and learn.

The campaign will focus on four different aspects of financial health and showcase a selection of relevant **LifeSpeak** videos modules. Special interactive features will also be available to you.

1: Optimize Your Paycheck

2: Your Life and Your Income - Can they be Reconciled?

3: Paperwork and Planning - where to begin?

4: Work hard, play hard - planning

help with your nutrition plan. [Click here](#) for contact information.



This spring, let EFAP help you transition to a healthier, happier and more organized self. To get you started here is a spring must-read list:

[*Making Nutrition Work for You Taxes and Stress - Tips to Manage Both!*](#)
[*Advocating for Your Child at School*](#)

workhealthlife

Ask the Expert Web Chat:

Depression, Anxiety and Mood Disorders

When? March 31st at Noon EST

Who?

Dr Nik Grujich,
Psychiatrist



What? Depression, Anxiety and Mood Disorders, including how to treat these illnesses as well as how to help others suffering from them. [*Sign Up Now!*](#)

your optimal retirement

The campaign will highlight an OnPoint video in which a **LifeSpeak** expert answers a specific question in under a minute, giving participants a quick and focused piece of information on financial health. Participants will be able to see how a small financial behavior can lead to big savings!



A Guide to Better Sleep



[Click](#) to read the full article from **Balance**, a monthly newsletter from Morneau Shepell, your Employee and Family Assistance Program (EFAP).



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

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