

An informational bulletin for members of the ELCIC Group Benefits Plan



July 2016

In this Issue:

- Fitness Tracker Rebate
- Wellness Fairs Prompt Participants to Take Action
- Balance Newsletter
- 30 Minutes Is All It Takes!
- LifeSpeak
- Parenting and Eldercare
- Getting the Most Out of Your Family Relationships
- International Day of Friendship

Fitness Tracker Rebate

GSI has been strengthening its focus on the health and wellness of our plan members. To assist and support your personal plan GSI is

30 Minutes Is All It Takes!

Be physically active at least 30 minutes every day.



Research shows that if you break up the 30-minute goal into three 10-minute segments, you will still see the same health benefits. Studies also show that adding 30

offering a rebate on the purchase of a fitness tracker. There are many benefits to using a fitness tracker such as personal accountability, individually-tailored goals, sleep mapping and creating a group to bring extra fun into the activities.

Pick the fitness tracker that best suits you!



Just complete the [rebate form](#) and submit it with a copy of your receipt dated between July 1, 2015 and December 31, 2017. The rebate is up to \$200 for those enrolled in single health coverage and up to \$400 for two trackers in family health coverage. We prefer electronic submissions.

Wellness Fairs Prompt Participants to Take Action



NO SIGNS OF STRESS! Rev Guenter Dahle (Eastern Synod) at the Blood Pressure station.

GSI received lots of positive feedback

minutes per day of easy-to-moderate exercise can reduce your risk of heart disease, slow progression of dementia and Alzheimer's, reduce pain from knee arthritis, reduce anxiety and depression, slow the progression of diabetes, and much more.

So if you're motivated to live better - park your car a little further away from the store, go for a walk with a friend or make a habit of strolling your neighborhood after dinner - every little bit helps!

LifeSpeak



24/7 expert advice, now customized for you

Get Started: You and your family members can activate your own personal 100% confidential LifeSpeak accounts: [click here](#) and use Corporate ID: **wellness**

After you have created your personal account you can access and watch the videos listed under this month's featured topic as well as view any video from the full library.

LifeSpeak's
Summer 2016 Campaign
"Family Relationships"
runs from July 7th to 28th, 2016

Family Relationships

from the Wellness Fairs which were held at all of the Synod Gatherings this year.

Here's what participants told us on their evaluation forms:

"I wasn't feeling well and the Wellness Fair found out why - my blood sugar was too high! This was a big wake up call to care more for my diet and fitness."

"Great info! I will start exercising more!"

"I was looking for something motivational to get me off the couch and back into an active lifestyle - and this was it!!!"

"I've known that I need to get a more active lifestyle and the Wellness Fair has shown me where I need to focus and get started."

"I don't do preventive maintenance with my health but I now know I should."

"I appreciated the opportunity to get a bit of health-related information."

"The Body Fat percentage testing was eye-opening."

"I learned about the large difference in muscle between by left and right arms - changing my workout schedule will make a drastic difference."

Healthy relationships are a vital part of your health and well-being.

The campaign focuses on education around the relationships in your life - couples, kids, friends, and ageing parents.

Watch our experts talk about family relationships.

The first portion of the campaign, "Couples and Families" was highlighted in our June newsletter.

The second portion of the campaign is focused on **"Parenting and Eldercare"** showcases the following training modules:

- **Bedtime Struggles**
- **Cyber Bullying**
- **Rules for Teens**
- **Language of Love**
- **Successful Parenting after Divorce**
- **Planning Ahead: Caregiving**

Sign up now for the LifeSpeak **"Ask the Expert Web Chat"**

When? **July 20th at Noon EST**

What? **Getting the Most Out of Your Family Relationships**

Who?
**Dr Josh Coleman,
Psychologist and
Author**



Wellness Fair participants were eligible to enter for a chance to win a grand prize of a set of August MS625 Portable Bluetooth Speakers.

Congratulations go out to our winners: **Rev Leslie Poulin** - MNO Synod, **Rev Brian Krushel** - BC Synod, **Rev Sean Bell** - Saskatchewan Synod, **Joanne Peterson** - Synod of Alberta and the Territories, **Kristina Kuhnert** - Eastern Synod.



*From this month's **Balance Newsletter***

Click to read these helpful articles from this month's **Balance**, a newsletter from Shepell, your Employee and Family Assistance Program (EFAP).

- [**Are you an introvert or an extrovert? What your personality type says about you**](#)
- [**Social media and your coworkers: To friend or not to friend**](#)
- [**Make smoking a thing of the past**](#)
- [**Keep your EFAP close all summer long**](#)
- [**Preparing for routine changes**](#)

Wellness Calendar

July Life Events

International Day of Friendship July 30th

**Don't walk behind me; I
may not lead. Don't walk
in front of me; I may not
follow. Just walk beside
me and be my friend.**

- Albert Camus

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.



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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