

An informational bulletin for members of the ELCIC Group Benefits Plan



September 2016



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GSI Welcomes New Staff Member



and Making the Most Out of Your
24/7

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Manulife Review of Service Providers and Practitioners

Manulife is committed to protecting group benefits plans and their members from benefits fraud and abuse. As part of this ongoing commitment, reviews of service providers and practitioners are routinely conducted. If a review reveals concerns surrounding business practices and/or potential fraud, claims will no longer be processed or reimbursed for services from these providers - this is referred to as delisting. As a result of the conclusions of extensive investigations, several providers and practitioners in Ontario have been delisted. Please contact GSI if you have a concern about your service provider.

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 offering a rebate on the purchase of a fitness tracker. There are many benefits to using a fitness

GSI is pleased to introduce **Andrea Christensen** who has joined the GSI team in the position of Accounting & Office Assistant, replacing long-time staff member Erika Wiens who retired July 31, 2016.

LifeSpeak



**24/7 expert advice,
customized for you**

Get Started Now! 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
Autumn 2016 Campaign
"Mental Health"
October 3rd to 28th, 2016**

This campaign focuses on education around mental health – at work, at home, wherever it touches lives. The four-week Mental Health campaign will run from **October 3 to 28, 2016.**

This exciting campaign will include

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.

Your Manulife Digital Benefits Card is Here!



Your Manulife Group Benefits Mobile just got even better! You can now access a digital version of your benefits card through the app.

This means everything you need to use your benefits plan will now be conveniently available through your mobile device. In addition to

access to expert-led content on mental health, in all its forms, how to manage stress and anxiety, depression and PTSD and mental health in the workplace.

Topics include:

- ***Understanding Mental Illness in the Workplace***
- ***OCD and Related Disorders***
- ***Addition 101***
- ***Anxiety Disorders***
- ***Mood Disorders***
- ***Post Traumatic Stress Disorder***
- ***Mood Disorders***

Links on the "**Engage**" tab, which can be found on the top left of your screen beside the "Ask the Expert" tab, will be live on October 3, 2016.

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

When? **Sept 21st at Noon EST**

What? **Productivity in the Workplace, Beating Procrastination, Creating a Successful Work-Life Balance and Making the Most Out of Your 24/7**

Who?
Steve Prentice,
Author



being able to submit claims and view recent claims history through the app, you can:

- use the digital card at your pharmacy;
- use the digital card as a replacement if you lose your wallet card.

The digital card will be available in the drop-down menu on the app. If you haven't already, download Group Benefits Mobile from your favourite app store today.

Wellness Calendar

September Life Events

**Alcohol and Drug
Addiction Recovery
Month**

**National Arthritis
Awareness Month**

**Breakfast for Learning
Month**

**September 10th
World Suicide Prevention
Day**

**September 21st
World Alzheimer's Day**

**September 29th
World Heart Day**

GSI Seeking Board Member

Are you a Rostered Pension Plan Member? If so, then please consider a position on the ELCIC Group Services Board. We have an opening and are searching for a talented, energetic and knowledgeable person. Meetings are held semi-annually in Winnipeg.

If you are interested please complete the [Biographical Data Form](#) found on the GSI website and send it to our office. Need more information - call the GSI office at 1-877-352-4247.



From this month's Balance Newsletter

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

- [Accepting Change is Vital to Your Health and Happiness](#)
- [Tips to Reduce Your Child's Back to School Anxiety](#)
- [Communication Tips in the Digital Age](#)



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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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.

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