



April 2nd is National Employee Benefits Day!!

National Employee Benefits Day was founded in 2004 to commemorate the International Foundation's 50th anniversary. It is celebrated on April 2 each year, the day of the International Foundation's founding. This is a time for plan administrators to acknowledge their dedication to providing quality benefits to employees. National Employee Benefits Day, this year, has a focus on health care literacy. Health care literacy being the ability to read, understand and act on medical information. For free health care literacy resources please visit www.ifebp.org/benefitsday.

Here are some fun way to help you celebrate the day:

- 1- Use the day to celebrate** everything you do with a staff luncheon or a program to recognize everyone who dedicate themselves to providing the best benefits possible.
- 2- Educate Yourself and Your Participants** With FREE Tip Sheets about health care.
- 3- Get informed** with free informational resources, conference and e-learning opportunities, certificate series courses and books.
- 4- Inform Your Participants**



For information on all the above mentioned activities, Visit www.ifebp.org/benefitsday today!

Orthotics: Are they really necessary?

CBC's Marketplace, recently has done a piece dealing with the world of orthotics and the fact that everyone needs to be aware whether or not they truly are in need of orthotics or not. To begin, an orthotic is a shoe insert that is shaped to the foot that is used to prevent or cure foot, leg and back pain. If you have pain in your lower leg and believe that you may be in need of an orthotic, it is highly important that you consult with a foot care profession to ensure that you are receiving the proper diagnostic and are not being prescribed a device that you do not require from an untrained medical professional. It becomes necessary to look for the foot care professional in your community that specializes in your area of concern. In addition, you should always get a second opinion as it can never hurt to ensure you are truly getting the right diagnosis. Lastly, insurance companies are getting much more restrictive in the distribution of coverage for orthotics. Specifics are set up in determining who is allowed to dispense orthotics that will be eligible for coverage.

For the complete report please visit CBC's Marketplace at: http://www.cbc.ca/marketplace/sole_patrol/

Great West Life's Centre for Mental Health in the Workplace

A healthy workplace can improve productivity, but not all plan sponsors have the time or knowledge to make it happen effectively. For plan sponsors insured by Great West Life that are struggling with these mental health issues, do not despair, help is on the way! Great West Life now offers access to practical, plain language strategies and tools that employers can use to prevent and reduce employee mental health issues.

The Centre for Mental Health in the Workplace works to increase knowledge and awareness through the exchange of research amongst employers across Canada and by reviewing current research findings, discussing innovative programming and offering workplace mental health tools and strategies that employers can use in their own workplaces. Whether you want to create a mentally healthier workplace or with an employee who's experiencing a mental health issue, Great West Life is committed to providing all the necessary resources and information.

For more information and to utilize the center to its fullest extent please visit The Great West Life Centre for Mental Health in the Workplace at:

www.greatwestlife.com/centreformentalhealth

MedsCheck

MedsCheck is a medication review program developed by the Ontario Ministry of Health & Long-Term Care in collaboration with the Ontario Pharmacists Association & the Ontario Pharmacy Council. This program initially launched on April 1, 2007 for beneficiaries of the Ontario Drug Benefit Program. In July 2007 this program was expanded to include all Ontarians who take 3 or more prescription medication for a chronic conditions. Trillium patients are also eligible.

The MedsCheck Medication Review Program is a free service that offers 30 minutes with a pharmacist face-to-face once a year. The pharmacist will assist the recipient to help them manage prescription medications and to better understand how they interact with each other and any other over-the-counter medication that the recipient may be taking.

On November 30, 2007, the government expanded the program to include a "follow-up" MedsCheck. During the annual time-frame, a patient may benefit from a follow-up MedsCheck medication reviews.

Tell a friend and take advantage of this program today by talking to your pharmacist to set up an appointment now!



The information contained in this newsletter provides general information and is not intended to be comprehensive investment, medical, financial or legal advice to any individual or business. We strongly recommend that any queries be directed to an appropriate professional advisor. If you have any questions or issues that have arisen from reading this material, please call our office. We would be pleased to assist you.

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