



THINGS YOU SHOULD BE DOING

(but probably aren't) ON PLAN MEMBER ONLINE SERVICES (PMOS)

A friendly checklist

What, you didn't really think that we were going to completely gloss over the fact that you're already registered for our Plan Member Online Services, did you? Au contraire. If anything, this is the perfect opportunity for us to promote the heck out of it, especially in lieu of the brand spankin' new Change4Life™ button you may have noticed on your navigation bar (but we'll get to that later). Aside from having exclusive access to our online health management portal, there are a ton of super cool things you can do on PMOS (in addition to you know, reading this publication though bravo!) Now, this isn't amateur hour people. From locating a dentist within your general vicinity, to never having to look for your GSC ID card ever again, PMOS exists to make things super convenient, and easy for you. And while we do like to pride ourselves on our technological advancements here at GSC, we must regrettably inform you up front that PMOS cannot clean your house for you (though we'd like to say we're working on it.)

So in order to help you become even more familiar with PMOS, we've put together what we like to call, our first ever 'Things you should do (but probably aren't doing) on Plan Member Online Services' checklist. This ultimate PMOS cheat sheet will help make the most of your online experience – who knows, you might even learn a thing (or two).

PMOS CHEAT SHEET

- SIGN UP FOR DIRECT DEPOSIT** – sure, you could wait around for the mail, then wait around some more in line at the bank or....you could just sign up for direct deposit and have your money deposited in to your bank account within two business days. But it's your call...
- DOWNLOAD OUR BRAND NEW MOBILE APP** - GSC on the Go™, available on Android, Apple and Windows devices. Optimized for both smartphones and tablets, you can use GSC on the Go (depending on your benefit plan) to submit claims, look up drug coverage, find a health care provider and as a mobile ID/travel card. Download in your App store, today!
- PRINT A REPLACEMENT ID CARD** – gone are the days of having to search for your GSC ID card! Printing a replacement ID card (accessible via both the logon homepage and under My Benefits) is a quick solution for any misplaced cards, and will still be accepted by your provider. Pro tip: An electronic copy of your ID card is also accessible on our mobile app, GSC on the Go. And plus, the environment will thank you.

...continued



LOCATE A HEALTH SERVICE PROVIDER – Use the Provider Search tool to find a dental, paramedical or vision care provider in your area. (You can search by address or postal code).



USE OUR DRUG COVERAGE TOOL – Find out if your drug is covered under your plan (before you submit your claim) by searching either by drug name or by DIN (Drug Identification Number).



COMPLETE A FREE HEALTH RISK ASSESSMENT (HRA) on our brand new health management portal, Change4Life (and score enough points to bid on \$250 in the rewards store!). Even better? For the first month of launch (that's this month, people) we'll be having weekly draws for rewards, so if there was ever an incentive to take charge of your health, the time is now (and just in time for bathing suit, season!) The link is in your navigation bar, so check it out.

HEALTH BENEFITS AS EXPLAINED BY A 23 YEAR OLD

This month: No, one cookie will not ruin your diet and other things you should know (from your favourite millennial)

If you're like me, then you know how totally exhausting it is being constantly told what not to do when trying to trim a few lbs. First, consuming salt was the root of all evil. Then, everyone started acting like being within a two kilometre radius of gluten would cause you to spontaneously combust or something. And for the sake of everything that is pure and good, PLEASE step away from the processed food....

While the tune varies depending on the 'diet' you're following, one thing that is always true is that nearly every trendy meal plan boils down to one common thing: elimination. Whether it's the South Beach Diet, the Cabbage Soup Diet (really, this is a thing), Paleo, or god forbid, the Master Cleanse, diets come armed with these massive lists of what you should stay totally clear of – 10 foot pole and all. Sure elimination diets may work (ahem, temporarily), but by creating this whole "good food" vs "food that is going to kill me" mentality, you're kinda setting yourself up for failure, mainly in the form of an-all out binge session. You know, like the whole Forbidden Fruit thing – once you eat even the tiniest bit, you just assume you've blown your diet and next thing you know, you've just wiped out the entire Cinnabon stock.

So, for like, the sake of your sanity let me be totally upfront in saying this: A single cookie in your otherwise gluten/-sugar/salt/everything free world, is so not going to derail your weight loss efforts. Nor is going to cause you to like, plump up 3x your body weight immediately upon consuming. It's all about doing things in moderation people. I know, I know I am probably echoing the same message that nearly every single fashion/health related magazine on the face of this earth has spewed out before me, but it's like, really important to be reminded of. If you really want something, never deprive yourself. Nine times out of 10, there's a healthy version or alternative that exists somewhere on the internet that probably tastes just as good.

Think of this way: At the end of the day, you 'cheating' isn't going to like, make or break your health – it's being conscious of what you're eating and how you're treating your body.



DARN GOOD HEALTH ADVICE:

When it all becomes too difficult trying to keep up with what food is good for you and what's bad for you, just remember that you're going to die one day.

Disclaimer: We're not encouraging you to eat ALL the bad things, but remember that life is too short to not have a treat once in a while.

May 4-10 is Mental Health Week!

TOTALLY RANDOM, SOMEWHAT USEFUL STATISTIC

According to the Canadian Mental Health Association, the total number of 12-19 year olds in Canada at risk of developing depression is a staggering 3.2, million. It's time to fight the stigma now people!

DID YOU KNOW?

As a GSC plan member, you have access to our national preferred provider vision network and are eligible to receive a discount on eyewear (even if your plan doesn't cover vision benefits!). A detailed list of discounts available at greenshield.ca (under WHAT'S NEW)



BE SOCIAL WITH US



BE OUR FRIEND?



TWEET US



JOIN OUR NETWORK