

YOUR HEALTH IS (LITERALLY) IN YOUR HANDS

Change4Life™ health portal now live on GSC on the Go™

Your smartphone's app store can oftentimes feel like an overgrown jungle. Every week it seems like there are hundreds and hundreds of new apps to filter through, and while you want to check everything out, it's hard to know what's actually worth your while (and your data). Well, what if we told you that we know of an app that not only helps you get the most of your benefits plan, but your health too? It's true! Introducing...the new (and improved) GSC on the Go – your one-stop-shop for all things related to your benefit plan now comes equipped with easy access to GSC's online health management portal, Change4Life. For those unfamiliar with GSC's mobile app, GSC on the Go brings the conveniences of Plan Member Online Services to plan members in a mobile, "unplugged" environment.



Accessing Change4Life now easier than ever..

Now packed with the same great Change4Life features you know and love, GSC on the Go makes it easier than ever for plan members to take ownership of their health. Log your steps on the elevator to your office, take your Health Risk Assessment (HRA) while in line at the bank, learn about your health on your subway ride, or bid on rewards while enjoying your morning coffee. And thanks to single sign-on, you are only required to sign on to Change4Life once. Now that's what we call easy!

Win rewards ANYWHERE!

As you know, Change4Life supports and encourages plan members to get AND stay healthy. The secret to our success? Two words: **Rewards. Store.** As you continue to the Change4Life portal (both desktop and mobile versions), you'll not only be taking important steps towards better health, but you'll also earn points that can be used to win exciting rewards such as gift cards for popular retailers of sports apparel, home goods, travel, and more.

Other cool GSC on the Go features

Access your health benefits/travel ID card

Find a health provider anywhere in Canada (we'll even direct you there)

Check drug eligibility information or download prior authorization forms

View your benefit eligibility information

Submit a claim online

NEW easy access to Change4Life



AND YES, THE REWARDS ARE REAL...

OK, OK we know what you're thinking. Just how real are these rewards and just how long exactly does it take for my points to actually accumulate? Well, we can assure you that a) the rewards are very much real, and b) the points accumulate far quicker than you realize. Don't believe us? Let's take a look at some recent winners...



These are REAL people, not actors!

Haven't downloadad GSC on the Go yet?

GSC on the Go is optimized for both tablets and smartphones on the Apple and Android operating systems. Depending on your device, here's how you can access the new features:

- The new version of the app will automatically download onto your device;
- You will receive a notification on your device that the new version of the app is available for download in the app store; or
- If you do not receive update notifications on your device, you can download the new version directly from the app store (we will let you know when a new version of the app is available).



DID YOU KNOW?

In 2012, the Green Shield Canada Foundation (GSCF) funded the Health Innovation Collaborative (HIC), a three-year outcomes-driven project with a focus on big-picture change in health care. This month, the GSCF and HIC partners hosted a learning event to discuss its findings. For more information, visit greenshield.ca.

HEALTH BENEFITS ...as explained by a 24 year old

This month: Medication Adherence and why you should 'stick2it'

OK so like, I know what you must be thinking: What could possibly be so complex about taking medication that I need someone who is barely capable of forming coherent sentences to explain it to me? First of all, rude. Second of all, while taking your medication might seem as simple as "fill prescription, take drugs," it's soooo totally not. Studies (like, real academic studies and not something I conducted with my drunk friends out of sheer boredom) show that as many as 50% of Canadians don't take their medications correctly. But that's like, not even the worst part. Sure, there are people who just decide to take their medications whenever they feel like, but there are also some people who don't even bother to fill their prescriptions in the first place. See? Sooo not that simple...

Now not to like totally scare you or anything but not taking your medication as prescribed can be a totally big deal. You could end up feeling 10000x worse, which could lead to additional complications and illnesses, or even worse, a trip to the ER. So basically, your medicine won't work if you don't take it. And if you don't take it, you're risking health complications as well as a lower quality of life. Is that really what you want? I sound like my mom now. OK, guilt trip over.

So like, lucky for you GSC is here to help because it's not like sudden change is easy or anything. I mean, I'm STILL working on switching from iPhone to Android to cut back costs so I can actually get around to paying off my student debt. Yet here I am, iPhone 6S Plus pre-ordered – rose-gold case and all. But that's like, beside the point since this is all about you, and not me (for once). But as I was saying, GSC has gone ahead and made things super easy for you, thanks to Stick2It™. Accessible through the Change4Life web portal (and the GSC on the Go mobile app), plan members can use Stick2It to set up medication reminders anytime and anywhere. It's so convenient, and so easy to use, that you'll probably find yourself wondering how you've gotten this far in life without it. Like Netflix.

Don't be *that* person...

The Non-filler: You don't fill the prescription in the first place.

The Forgetter: You just forget to take the prescription.

The Skeptic: You fill the prescription then don't take it because you don't believe it will have any effect on your health.

The Unsure: You don't take the prescription properly because you don't fully understand what it's for, its benefits, its instructions, and so on.

The Mixer Upper: You take a range of prescriptions at the same time with adherence varying from drug to drug.

The Fearful: You don't take the prescription properly due to perceived side effects.

The Self-diagnoser: You take the prescription inconsistently based on how you feel—if you feel better, you stop taking it; if you feel worse, you start taking it.

The Stopper: You stop taking the prescription before the recommended course of treatment ends



DARN GOOD HEALTH ADVICE:

Remember, birthday cake has zero calories. But only on YOUR birthday.

Disclaimer: This is NOT a real health fact! GSC just wants to remind you that cake once in a while isn't the worst thing in the world. Actually, you'll probably live to tell about it...