

g(sc)

TALK™

WINTER 2017

GEARING UP FOR A HEALTHY 2017 WITH GSC'S

DIETITIAN HEALTH COACHING

Making health conscious decisions when it comes to our eating habits isn't exactly the most intuitive... especially when coming off of a whirlwind of holiday treats and feasts. And while we're firm believers that the key to a healthy and happy diet is to enjoy everything in moderation (how can we say no to a slice of pizza?), we're well aware that lean protein and veggies surpass cheeseburgers and fries in the long run.

But because consuming a well-balanced diet is much easier said than done, we've decided to launch a dietitian health coaching program...because simply put, we can all use a little help (from a dietitian friend) once in a while. And what better time of year to learn to resist certain temptations...

ABOUT THE PROGRAM

The Dietitian Health Coaching program, offered as part of GSC's Change4Life® health management initiative, is a service provided by registered dietitians at select Loblaws and Sobeys stores that focuses on improving your health by making better choices when it comes to your food.

The program consists of four sessions, delivered over four to eight months with a registered dietitian at a participating store location.

You can click [here](#) to view a list of locations offering this program.

Please note: your plan may not cover Dietitian Health Coaching (you'll want to confirm with your benefits representative if you are unsure). IF it's not included – don't worry! You can still benefit from GSC's Dietitian Health Coaching at a preferred rate (you'll just have to pay out of pocket).

MORE TO IT THAN JUST

UPPING YOUR VEGGIE INTAKE...

According to the World Health Organization, an unhealthy diet is one of the primary risk factors that lead to chronic conditions (diabetes, high cholesterol, hypertension, and obesity).¹

Dietitians promote and encourage healthier food and nutrition choices with the goal of preventing or reducing the incidence, and better management, of chronic conditions. Dietitians have the unique ability to translate the complex science of nutrition into practical solutions for healthy eating and disease prevention.

HOW DO I GET STARTED?

To make an appointment, simply send your request by clicking [here](#) to contact Loblaw (dietitian@loblaw.ca), or [here](#) to contact Sobeys Pharmacy (<http://sobeyspharmacy.com/greenshield>).

In addition to being an existing GSC plan member, you will need to provide the following information: Name, GSC ID number, along with your address, phone number, and preferred method of contact.

A registered dietitian will then reach out to you to arrange a convenient time for your first appointment. They will also contact GSC and verify your benefits plan coverage.

WHAT IF THERE ISN'T A STORE NEAR ME OFFERING THE PROGRAM?

GSC has you covered! If your community does not have a participating store offering the Dietitian Health Coaching program, you can still participate in the program remotely through telephone counselling. Use the same contact method described above to arrange an appointment and get started!



*GSC's history is rooted in social responsibility and charitable giving (it's who we are).
And with our Frontline Care Program, we're able to do just that.*

While you may already be familiar with our Community Giving Program (now accepting applications until January 30), what you may not be as familiar with is our Frontline Care Program, the driving force behind all of our charitable initiatives here at GSC. GSC's Frontline Care Program provides financial support to Canadian registered charitable, non-profit and/or social enterprise charitable organizations that deliver frontline health care (dental, vision, prescription drugs, disease management, or mental health care supports). To receive funding, these organizations must also include the role of a "navigator" or "coach" – a person who connects individuals to services appropriate for their situation (such as housing, education, or clothing).

Continued...

Sources:

¹ "Dietitians and Chronic Disease Management," Dietitians of Canada, 2015. <http://www.dietitians.ca/Downloads/Public/Employee-Benefits-RDs-on-your-health-team.aspx>.

MEET OUR FRONTLINE CARE PARTNERS...

SUPPORTING BIG-PICTURE CHANGE IN CANADIAN HEALTHCARE

Over the next three years, Frontline Care will work alongside eight Canadian organizations in order to focus on improving access to health care for uninsured and underinsured Canadians (homeless, the working poor, and those on social assistance).

211 (national) – Similar to 911 or 311, 211 is a three-digit phone number and online service that Canadians can access for help when seeking information or services to help deal with life's challenges. Services include child/family services, community programs, disabilities, health care, mental health/addictions support and many more. 211 is available 24/7, 365 days a year and in over 150 different languages.

For more information: <http://211.ca>

The Centre for Social Innovation (Toronto/Worldwide) – The Centre for Social Innovation (CSI) – a social enterprise with 11 years of experience supporting the social impact sector and a global leader in social innovation – has recently developed their Agents of Change: Health Innovation program. Through this program, CSI will build the capacity of the health sector by supporting inspiring and socially innovative solutions that improve the public's access to health services. This goals of the program are aimed at creating sustainable change in access to health care.

For more information: <http://socialinnovation.org>

MEET A CHANGE AGENT

In 2016, CSI in partnership with Frontline Care funded 10 individuals known as Change Agents as part of the Agents of Change Social Innovation program. Among them was Toronto native Maayan Ziv, whose mobile app AccessNow has since gone global. The purpose of AccessNow is simple: provide information about whether restaurants, bars, shops, cultural institutions, and other places of business are accessible to those with physical disabilities.

For more information: <http://accessnow.me/>

Totally RANDOM, SOMEWHAT USEFUL STATISTIC

A bolt of lightning has enough energy to toast 100,000 slices of bread¹

¹Physics Facts. <http://www.physics.org>

Did you know?

As a GSC plan member, you have access to our national preferred provider vision and audio networks and are eligible to receive a discount on eyewear and hearing aidseven if your plan doesn't cover it.

To search for a participating provider in your area, simply head to greenshield.ca (Plan Members > Health Care Discounts) and enter your address or postal code and voila – we'll provide you with your neighborhood health care providers who offer exclusive GSC discounts.

CALLING ALL GSC STUDENTS!

Great news! All GSC students can now submit their claims online via Plan Member Online Services.

[Click here to login/register](#)

darn' good HEALTH ADVICE

The best part of a juice cleanse is that you don't have time to eat because you're too busy telling everyone you're on a juice cleanse!

Disclaimer: We don't actually condemn juice cleanses, this is just based on personal experience.



Be social with us!

