



OCTOBER 2011

UVic Benefits Newsletter - Fall Edition

Staying Healthy this fall including your Mental Health Strategy

Flu Season

The flu affects 5 to 15% of Canadians each year. While the majority who become sick will recover, the flu results in an average of 20,000 hospitalizations and 2,000 to 8,000 deaths in Canada each year.

Flu shot offers the best protection

Combined with regular hand washing, the flu shot is the best way to protect yourself and others from the virus. Canada's National Advisory Committee on Immunization (NACI) encourages all Canadians over age six months to get a flu shot. It is particularly important for health professionals to be immunized to protect themselves and their patients

Get your flu shot early

Each year there is a new vaccine to protect against new strains of the influenza virus. The best time to get your influenza vaccine is early, between October and December, before the number of influenza cases increases in Canada. But, the shot is still effective even if you put off getting it until later in the season. It takes about two weeks after immunization before the flu shot gives you full protection.

More information is available at <http://www.viha.ca/flu/>



Making Peace with Stress

Stress has a wide range of effects - it may provide the energy to protect from harm, but it can also be very taking on your health.

Finding the right balance is essential. The *Making Peace with Stress* guide is available to explain how stress affects you, why it is important to practise effective stress management, and how to overcome the obstacles that may be preventing your from making positive changes in your life. In addition, you will also find helpful information about specific life stressors, including financial problems, child-care or eldercare issues, single parenting challenges, career concerns, relationship issues, and chronic health conditions.

More information is available here:

<http://www.ca.ppcworldwide.com/newsletters/newsletters/pdf/A-Guide-to-Making-Peace-with-Stress.pdf>

Live Well - Preventive Screening

Today, there are more than 9 million Canadians living with diabetes or pre-diabetes. With more than 20 people being newly diagnosed with the disease every hour of every day, chances are that diabetes affects you or someone you know.

The Canadian Diabetes Association is committed to informing people about diabetes, how to live well with the disease and how to prevent or delay complications. Check out the many resources they provide for people living with diabetes: <http://www.diabetes.ca/>

Screening tests help find some types of cancer early and before you have any symptoms. Talk to your doctor to learn more about your risk of cancer and what screening tests are available to find cancer early.

<http://www.cancer.ca/>



Mental Health Awareness

Did you know that one in four British Columbians will experience a mental illness in their lifetime? And many more know someone who is? For those affected, mental illness can have dramatic impacts on work, family, personal, and social life. But, just like physical illnesses, the more you know about preventing mental illness, recognizing symptoms, and knowing when and where to go for help, the better equipped you are to lead a healthier lifestyle. Further information is available at :

<http://www.cmha.bc.ca/about>

Additional resources are available at: www.ppconline.info

username: healthy

password: living



A change is in the air: changes to campus smoking policy!

UVic is committed to providing a safe and healthy environment for students, employees and visitors. Beginning September 1, 2011, smoking will only be permitted in designated areas outside Ring Road. Look for the marked benches and new cigarette receptacles in convenient and accessible locations within a three-minute walk of any campus building.

This change follows the 2007 introduction of UVic's Smoking Policy, which prohibited smoking within 10 metres of buildings and structures. The university has continued to receive requests from staff and students to reduce second-hand smoke in their areas of work and study.

More information is available at www.uvic.ca/smoking . To provide feedback about this initiative, please contact clearair@uvic.ca.

Additional assistance is available through PPC:
<http://www.ca.ppcworldwide.com/>



BC rolls out program to help smokers quit!

The B.C. government's Smoking Cessation Program helps people stop smoking or using other tobacco products by assisting them with the cost of smoking cessation aids.

Prescription smoking cessation drugs are covered as benefits under PharmaCare. Non-prescription nicotine replacement therapy products (NRTs) are provided at no cost.

The program is open to B.C. residents who wish to stop smoking or using other tobacco products. More information is available at <http://www.health.gov.bc.ca/pharmacare/stop-smoking/>

Claims Management

Did you know that claim submission for some Extended Health expenses is now available electronically? Check out eClaims for vision care, chiropractic, physiotherapy and massage therapy expenses now available through PBC CaresNet.

<https://caresnet.pac.bluecross.ca/CARESnet/SignIn.aspx?RegState=281>

Pacific Blue Cross will continue to require paper submissions for certain Extended Health Benefits claims such as prescriptions. Further information and forms are available: <http://www.pac.bluecross.ca/Corp/Default.aspx>



Missing your PBC Benefit Card or want another copy? Benefits ID cards can be printed from the PBC CaresNet website:

<https://caresnet.pac.bluecross.ca/CARESnet/SignIn.aspx?RegState=281>

A summary of your Employee Benefits is available on your "My Page"

The Benefits Summary outlines the benefits that you are currently enrolled in, the premiums and cost sharing information, and details regarding the dependents you currently have enrolled in the health plans, as well as the designated beneficiaries for any life insurance coverage.

What benefits do I have? Benefit Handbooks are available online through the Benefits Office website <http://web.uvic.ca/hr/benefits/benefithandbooks.html>