



October 2021

## Wellness Checklist



### Why care about wellness?

Going well beyond lack of illness, personal wellness is pivotal to protecting your mental health, staying physically sound and maintaining balance in everyday life. Ultimately, wellness can help you build resilience against serious challenges, maximize your personal potential and enjoy your life to the fullest.

**Most models of wellness include at least seven dimensions** that together lead to comprehensive health. Here are some practical ways you can focus on every day:

- ✓ **Physical — Nourish your body.** Choose balanced nutrition, daily exercise and quality rest. Maintain a strong relationship with your health care provider. Keep yourself and others safe — for example, driving defensively.
- ✓ **Emotional — Know your feelings.** Give yourself a mental health check. Journal writing may help defuse stress. Find quiet time to relax your mind, and your body will follow.
- ✓ **Spiritual — Find purpose in life.** Identify and live by your personal beliefs and morals. Stay connected to yourself through a few minutes of mindfulness training every day.
- ✓ **Intellectual — Keep learning.** Seek opportunities that present new experiences and stimulate your thinking. Read and learn every day.
- ✓ **Occupational — Make the most of your professional skills.** Gain personal satisfaction through your work. Combine a commitment to your job with your total lifestyle.
- ✓ **Social — Build healthy relationships.** Interacting with others can be rewarding and challenging; learn to express your needs and opinions appropriately. Make time for friends, or join groups where you can meet others with similar interests.
- ✓ **Environmental — Respect nature.** Take part in preserving and improving environmental conditions — reduce noise, pollution and unnecessary consumption of natural resources.

Learn more at [globalwellnessinstitute.org/what-is-wellness](http://globalwellnessinstitute.org/what-is-wellness).

“There will always be obstacles and challenges that stand in your way. Building mental strength will help you develop resilience to those potential hazards so you can continue on your journey to success.” — Amy Morin

### CEHP notes

## Manulife Card/ Pay-Direct Drug Card

Members of the Christian Education Health Plans are issued a **Manulife member card** which also serves as a pay-direct drug card. When you purchase prescription drugs, your confidential drug history is linked to a network of pharmacies across Canada, allowing a pharmacist to inform you about possible drug interactions, too-early refills, and duplicate drug therapies.

### Pay-direct is convenient:

- Your Manulife card should be accepted at virtually any pharmacy in Canada.
- You can find out in advance what is covered under your plan because your claim is processed electronically while you are at the pharmacy.

### How it works:

- Show your Manulife card to your pharmacist when you need a prescription filled.
- Your pharmacist will send your claim electronically to Express Scripts Canada® for immediate processing.
- The pharmacist will let you know:
  - ✓ about potentially adverse drug interactions that may exist based on your prescription history.
  - ✓ if the drug prescribed is covered under your plan.
  - ✓ if the drug requires special authorization.
  - ✓ the portion you'll need to pay.

**For more information**, members can log in to their accounts at [www.manulife.ca](http://www.manulife.ca).

# Reduce Your Breast Cancer Risk

**You can't control all risks for breast cancer**, such as female gender, age between 50 and 69, or certain genetic factors. Women who haven't had children, or had their first after age 30, have a slightly higher breast cancer risk, too.

**But there's a lot you can do:**

**Make sure you're up to date on your breast cancer screening.**

- Ages 40 to 49 — Talk to your health care provider about your risk.
- Ages 50 to 74 — Get a mammogram every two years if you're at average risk.\*
- Ages 75-plus — Ask your health care provider if you need a mammogram.

\*Guidelines don't apply to high-risk women, such as those who have a BRCA1 or BRCA2 genetic mutation.

**Besides screening, these factors may reduce risk:**

- Being physically active and maintaining a healthy weight.
- Early pregnancy; breastfeeding; giving birth multiple times.



- Keeping blood sugar and insulin in a healthy range.
  - Taking aromatase inhibitors post-menopause to block estrogen in breast cells.
  - Taking estrogen-only hormone therapy after a hysterectomy.
  - Eating a diet rich in vegetables, fruits and soluble fibre.
  - Preventive breast surgery for women at high risk.
- Talk to your provider about these and other ways to help lower your risk.

October is Breast Cancer Awareness Month.



October is Autism Awareness Month.



## Autism Update

**Autism spectrum disorder (ASD)**

includes all forms of autism. Autism starts in very young children due to a developmental disorder in the brain. Scientists are unsure what causes this lifelong condition and why it is increasing. It may be due in part to changes in diagnosis and unidentified environmental risk factors.

**Children and adults with autism** have problems communicating and interacting socially with unusual behaviour patterns and interests.



## Healthy Checkups: When Do You Need One?

Healthy people don't necessarily need an annual checkup with their health care provider, according to Choosing Wisely Canada (CWC).

**When do you need to see your provider? Here are some common reasons from CWC:**

- You are sick.
- You have a symptom that might be caused by illness.
- To manage chronic (ongoing) conditions, such as type 2 diabetes.
- To see how a new medication is working.
- To help with risk factors, such as tobacco use or obesity.
- For prenatal care.
- For lifestyle issues, such as nutrition.
- For your individual needs.

**Ask if you don't understand something.** And if your provider has a patient portal, use it to check your test results, request medication refills and schedule appointments.



**Quick facts:**

- A fairly reliable diagnosis of ASD in children can be made at 14 to 18 months, when communication skills are obvious.
- The main treatment for autism is **applied behavioural analysis**, which gradually introduces children to actions and behaviour.
- Specialists can help parents design individual learning programs.
- Other treatments include therapy and strategies to improve communication (e.g., visuals to let children indicate what they want). These therapies help at very young ages.

**The earlier autism is diagnosed and treated**, the better parents can manage it and have a healthier outcome for their children.

# Home Office Ergonomics

**Ergonomics is the way your body fits and functions in your workspace.** Good ergonomics are important for productivity and your health.

**Reduce risk of neck, back, shoulder, wrist and eye problems** by working at a desk or a table at home.

**Adjust your chair** so your feet rest flat on the floor or on a footrest, your thighs are parallel to the floor, and your arms gently rest on armrests with shoulders relaxed.

**More ways to practice good home office ergonomics:**

- To avoid neck and eye strain, adjust the position of your monitor so the centre of the screen is at eye level.
- Put items you need frequently, such as your phone, within easy reach to avoid arm and back strain.
- To talk on the phone and type at the same time, use your phone on speaker or a headset; don't hold the phone between your head and neck.
- Stand up, walk around and stretch every hour.
- Reduce eyestrain by looking 20 feet away for at least 20 seconds about every 20 minutes.

**Pay attention to your posture** — your body will thank you for it.



## One-Dish Meals

By Cara Rosenbloom, RD

**Saving time in the kitchen** — but still getting a nutritious meal on the table — is a goal for many people. One quick solution is to make sheet pan dinners or one-pot meals. The idea is simple: All of the ingredients are conveniently cooked at the same time. It means fewer pots and pans, which leads to less cleanup.

**The most popular options** for sheet pan meals include a variety of vegetables paired with a source of protein.

**The key is timing.** You need to choose ingredients that take about the same amount of time to cook. Try any of these winning combinations at 204°C (400°F):

- Jumbo shrimp with asparagus, tomato and zucchini (eight to ten minutes).
- Whole-grain flatbread topped with mozzarella, spinach and artichokes (ten to 12 minutes).
- White fish with sweet peppers and red onion (14 to 16 minutes).
- Dijon salmon with green beans and broccoli (15 to 18 minutes).
- Chicken breast with cauliflower and sweet potato (25 to 30 minutes).
- Chicken thighs with potatoes and carrots (35 to 40 minutes).
- Canned chickpeas with butternut squash and sweet onions (40 to 45 minutes).



**If you don't want to turn on the oven,** consider one-pot meals on your stove top or slow cooker. One-pot pasta is a popular time-saver: You cook the pasta in tomato sauce (that's genius!). Other popular one-pot meal options include chili, curry, stew, and hearty soups, such as minestrone.

**One-pan meals are also a great way to use up leftovers.** Repurpose leftover turkey, peas and mashed potatoes into a one-dish Shepherd's pie. Make a one-pan omelette. Use leftover chili to fill taco shells, and leftover salmon, chicken or chickpeas are great on a bed of greens with some vinaigrette.



### One-Pot Spicy Chicken Pasta

454g/1 lb. boneless, skinless chicken breast  
2 tbsp extra-virgin olive oil, *divided*  
2-3 tsp Cajun spice or chili powder  
½ tsp salt  
1 onion, diced  
227g/½ lb. whole-grain penne or rotini

1 can (445g/15 oz.) diced tomatoes  
2 cups no-salt-added chicken broth  
3 tbsp cream cheese  
3 green onions, sliced  
¼ cup fresh chopped cilantro or parsley

**EASY** recipe



**Cut** chicken into 2-cm (¾-inch) cubes. **Add** to bowl, and stir in 1 tbsp oil, spice and salt. **In** a large pot, add remaining oil. **Add** chicken and brown for 2-3 minutes. **Add** onion and cook 4 minutes. **Add** pasta, tomatoes and broth. **Stir** to combine. **Bring** to a boil, turn down to a simmer and let cook 10 minutes or until pasta is cooked. **Swirl** cream cheese into the pot. **Top** with green onions and cilantro.

**Makes 4 servings. Per serving:** 351 calories | 26g protein | 12g total fat | 3g saturated fat | 6g mono fat | 3g poly fat | 37g carbohydrate | 6g sugar | 7g fibre | 527mg sodium

## Stay in Touch

Keep those questions and suggestions coming!

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# Christian Education HEALTH PLAN

We honour God by taking care of our physical and emotional health. Christian Education Health Plan encourages each participant to choose a healthy life style and to be equipped to make informed medical decisions. This newsletter is being provided as a service to our participants and their schools.

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## EXPERT advice

— Eric Endlich, PhD

**Q:** What should I do about my child being bullied?



**A:** If your child is being hurt or frightened repeatedly and intentionally, it's considered bullying and requires serious intervention. Recommended strategies include:

- Accepting and normalizing your child's feelings.
- Gently collecting the facts, writing them down and photographing any injuries.
- Teaching your child to respond assertively, not to retaliate or ignore the behaviour.
- Not promising to keep the bullying secret.
- Contacting school officials about incidents during the school day and the police about physical assaults. Speak calmly.
- For cyberbullying, taking screenshots and filing a report with the social media platform.
- Avoiding calling the bully's parents.
- Conveying confidence: Let your child know that you will develop a solution together.
- Removing your child from the situation (e.g., school) if nothing else works.

## Avoid Tech Support Scams

“Virus detected! Click here or call this number for a free security scan and repair.” If you've received a message like this on your device, the Competition Bureau advises you to ignore it.

It's a tech support scam to steal your money or even get you to download malicious software that can steal your personal information. According to Microsoft research, 65% of Canadian adults were exposed to a tech support scam.

**Warning:** Some of these companies can look legitimate by using company logos and websites that closely resemble the actual company support page.

If you suspect something is wrong with your device, call the company that sold it to you; do not call numbers, click on or download anything you see in the bogus message. Also, if someone asks you to pay for tech support with a gift card, cash, reload card or wire transfer, it is a scam.

Report scams to the Canada Anti-Fraud Centre ([antifraudcentre-centreantifraude.ca](http://antifraudcentre-centreantifraude.ca)) or the Competition Bureau ([competitionbureau.gc.ca](http://competitionbureau.gc.ca)).



October is Cyber Safety Awareness Month.

## Daylight Saving Time (DST) ends on Sunday, November 7, at 2 a.m.

Before you go to bed on Saturday night, turn your clocks back one hour if your area observes DST. Most of Canada observes the change. Resist the urge to stay up late on Saturday night; don't skimp on sleep. To help your body ease transitioning back an hour, reverse your bedtime 15 to 20 minutes each night two to three nights before DST ends.



## TIP of the MONTH

## One-Pot, Many Meals

If you're making a one-pot meal, double the recipe. Most pasta, soup, curry and stew recipes can easily be frozen for future meals. Be picky about the size of the container you freeze leftovers in. Use single-portion containers for easy one-person meals, or size up your containers according to the number of diners at the table.