

Members' Digest

Highlights

Back-to-School Health Check

Member Story: Turning Small Warnings into Action

Health Alert: Poor Air Driving Illness Uptick

What's Next in Health Benefits

Living Longer with Intention



Thoughtful Care for Every Season of Life

Last September, a father told us how MembersHealth helped his daughter breeze through the back-to-school season, with fewer sick days, better sleep, and more peace of mind. His story reminds us that as seasons change, so do our needs.

This month, we invite you to pause, notice the signals your body is sending, and realign with what matters most: your well-being. With expert insight, preventative care, and thoughtful guidance for every life stage, MembersHealth is here to help you thrive with confidence and ease.

Back-to-School Season Preparing Families for Fall

As backpacks come out of storage and routines pick back up, now is the perfect time to reset more than just your schedule; it's also a moment to check in on your family's health.

The transition from summer to fall can bring new exposures, changes in sleep patterns, and the return of seasonal illnesses. For both kids and caregivers, it's a time when health habits and preventive care matter most.



A Quick Health Checklist for the Season Ahead

☐ **Schedule check-ups and screenings**

Ensure vaccinations are current, vision is clear, and health concerns are addressed before school starts.

☐ **Review stress and mental health**

Back-to-school anxiety is common, not only for kids but also for parents. Early conversations and support can ease the transition.

☐ **Ease into consistent sleep and meal routines**

Sleep and nutrition have a direct impact on mood, focus, and immune function, especially for children and teens.

☐ **Plan for sick days**

Understand your care options, from virtual appointments to quick prescription refills, before cold and flu season arrives.



For Parents and Caregivers

It's easy to focus on everyone else this time of year. But your health sets the tone for the household. Don't skip your check-ups, and take a moment to assess how you're coping with the return of busier routines.

A strong start to the school year begins with a strong foundation of care for every member of the family.



From Our Heart to Yours

Last Tuesday, Marie sat on her porch with coffee, watching her 10-year-old search for his sneakers before school. The warm, hazy air reminded her that summer's beauty often hides challenges. After her annual health review, her doctor noted her blood pressure was rising, nothing alarming, but enough to make her pause. Between work, caring for her mother, and managing family life, Marie had been putting her health on the “later” list. That “later” had arrived.

Finding Help

That afternoon, she logged into MembersHealth. In minutes, she had a Discovery+ screening scheduled, a virtual mental health check-in booked for her son, and a nutrition plan mapped out all without leaving her kitchen table.

Marie realized something important: health isn't about reacting when things go wrong. It's about noticing the shift in seasons, in routines, in your body, and acting before small changes become big problems.

Mental Health Check-In

Mental health challenges can lead to stress, anxiety, or burnout. If you're feeling overwhelmed, prioritize self-care and seek support. Contact your doctor, therapist, or call MembersHealth at 1-800-484-0152 to speak with a certified specialist.

Tips for Well-Being:

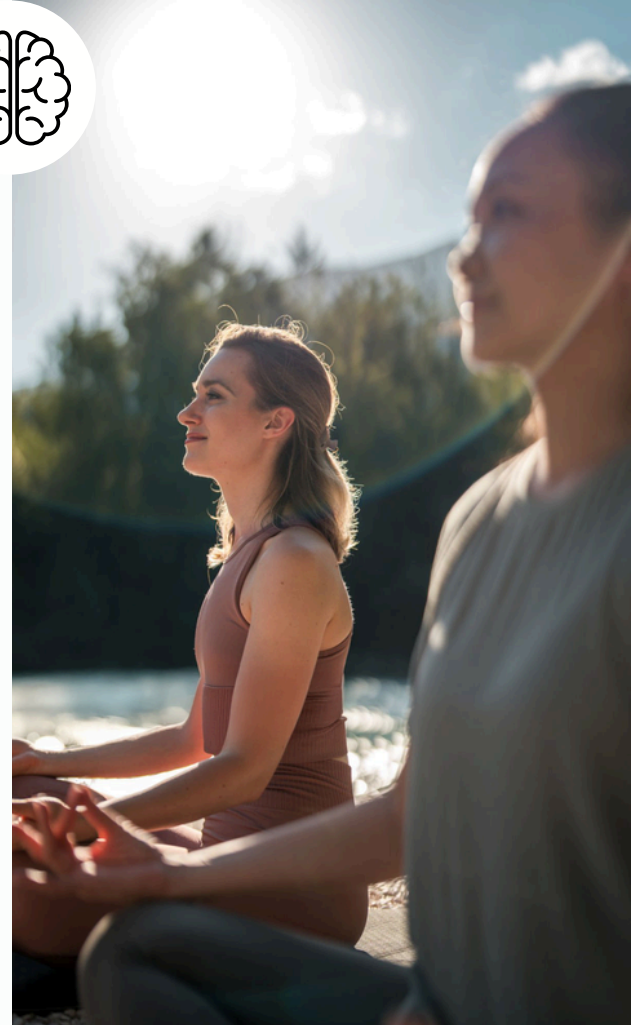
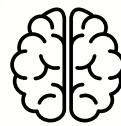
Manage Stress: Try deep breathing, journaling, or gentle activities like yoga to help release tension.

Stay Connected: A quick chat with a friend or loved one can help alleviate feelings of isolation.

Rest and Recharge: Ensure you're getting quality sleep and taking breaks to rest.

Ask for Help: If you're struggling with anxiety or stress, reach out to a professional or support service.

MembersHealth is here to support you.
Contact us anytime at 1-800-484-0152.



Health alert: Respiratory Illnesses on the Rise Amid Summer Air Quality Concerns



Wildfire smoke, extreme heat, and elevated pollution have made air quality a pressing concern across Canada this summer. More than 7 million hectares have already burned in what has become the nation's second-worst wildfire season on record, sending smoke across provinces and into major urban centres. With fires projected to persist into the fall, the health impacts, particularly on respiratory well-being, are becoming increasingly difficult to overlook.

What's Happening

Each year, poor air quality worsens respiratory symptoms, especially for those with

- Asthma or COPD
- Allergies or sinus issues
- Cardiovascular conditions
- Children, older adults, and those who work outdoors

What you might notice

Even without a diagnosed condition, you may experience:

- Coughing or sore throat
- Chest tightness or shortness of breath
- Headaches, fatigue, or eye discomfort
- Worsening of existing lung or heart symptoms

Prevention Tips: How to Protect Yourself and Others

Check the AQHI daily

Avoid strenuous outdoor activities on days when air quality is poor.

Close windows and use air purifiers or HVAC systems with clean filters when indoors.

Wear a properly fitted mask (N95 or KN95) if outdoors for long periods during smoke events.

Monitor symptoms

and don't ignore persistent coughing, chest discomfort, or wheezing.

Shower and change clothes after being outdoors during heavy smoke or smog to remove particles from skin and hair.

Stay hydrated and take prescribed medications as directed if you have a respiratory condition.

The Future of Employee Health Benefits

Healthcare access is evolving, driven by complex medical needs and a diverse workforce. Traditional employee benefits are being replaced by more adaptive, inclusive, and preventive approaches, reshaping employer-sponsored healthcare.

The evolution of employee health benefits is being driven by several key factors:

- **Rising Chronic Conditions:** Over 44% of working-age Canadians have at least one chronic condition, with numbers expected to grow as people work longer.
- **Mental Health Needs:** Increased stress, anxiety, and burnout, with 1 in 2 Canadians experiencing mental illness by age 40 (CAMH).
- **Access Barriers:** Long wait times, physician shortages, and geographic barriers are delaying care for over half of Canadians.



What This Means for Employees

- Health benefits are increasingly **preventive**, with a stronger focus on catching issues early through screenings, lifestyle support, and regular check-ins.
- Plans are becoming more **flexible and digital-first**, offering virtual care, digital tools, and mental health resources that are accessible outside of the traditional 9-to-5 workday.
- There's greater awareness of the **connection between mental, physical, and social health**, leading to more integrated approaches to well-being.

Why Awareness Matters

As benefits evolve, it's important to stay informed, not just about what's covered, but how those benefits reflect broader shifts in how health is understood, accessed, and supported. Being aware of these changes can help you make informed decisions about your care, both now and in the future. In the end, the future of benefits isn't just about better plans, it's about better outcomes.

Longevity Isn't Just Luck — It's Strategy

While genetics and chance play a role in how we age, long-term health is shaped more by daily choices than most people realize. Small, intentional habits, practiced consistently, are what build resilience, energy, and well-being over time.



What the Research Tells Us

Consistent, high-quality sleep

Not just quantity, but regularity. Poor sleep is linked to heart disease, memory decline, and immune suppression.

Meaningful social connection

Loneliness is now considered as risky to health as smoking 15 cigarettes a day, according to recent public health research.

Proactive health screening

Many age-related illnesses develop quietly. Regular check-ins can help detect early signs — when they're most manageable.

Daily Movement & Physical Activity

Light activity like walking or stretching supports strength, mobility, and cognition, while lowering chronic disease risk and promoting longevity.



Discovery+ Supports Longevity

Discovery+ is not about overtesting; it's about clarity. Our structured, virtual-first health screening provides a clear view of your current health and tailored steps for the years ahead. Aging is inevitable, but how we age is within our control. For those unsure where to begin, Discovery+ offers the insight and guidance to navigate your health with confidence.



A comprehensive intake assessing family history, lifestyle, and symptoms



Access to over 100 clinically validated tests, customized by age and risk level



A personalized care summary to help you understand what to monitor — and what's working well

Prioritize your health today

Learn how we make preventative care simple and accessible.