

Members' Digest

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The Kindness Issue: When Care Comes Full Circle

November brings two powerful reminders, World Kindness Month and Movember, both centred on how we care for ourselves and one another. At MembersHealth, we believe kindness is more than being “nice.” It’s care in action: the check-in you send, the appointment you finally book, the conversation you choose to have today instead of “someday.”

This month, we’re exploring how compassion and proactive health go hand in hand, how small acts of kindness strengthen mental well-being, and how focusing on men’s health now can change the story for years to come. Because when care is personal, consistent, and kind, everyone benefits.

Member Story

The Power Of One Kind Act

It started with a cup of coffee.

Every morning, Sam stopped at the same café on his way to work. One day, he noticed the barista, Maya, looked worn out. On impulse, he bought her a coffee in return and left a simple note: “Thank you for what you do — it matters.”

That moment changed everything.

Maya, touched by the unexpected kindness, decided to call her father — a man she hadn’t spoken to in months. Their conversation opened the door to reconciliation. Meanwhile, Sam, who had been quietly struggling with stress and burnout, found that his own small act of generosity lifted his mood more than any self-help book ever had.

“I thought I was helping someone else,” Sam said. “But it was me who healed a little that day.”



Mental Health Check-In

The Healing Power Of Kindness

Kindness has a ripple effect; it supports others and strengthens our own well-being. Simple acts of compassion can reduce stress, boost mood, and remind us that connection is a powerful form of care.

Try these small ways to check in and nurture your mental health:

- **Pause and reflect** on how you’re feeling, without judgment.
- **Take mindful breaks.** Even a minute of mindfulness can reset your mood and reduce tension.
- **Reach out to someone** you haven’t spoken to in a while.
- **Appreciate** one small moment of gratitude in your day.

At MembersHealth, we believe caring for yourself and others is deeply connected. Each act of kindness — big or small — helps build a healthier, more compassionate community.

Call 1-800-484-0152 anytime to speak with a certified specialist.

The Science Behind Men's Health and Prevention

Being proactive about men's health isn't just about avoiding illness; it's about living longer, stronger, and with more balance. Research shows that simple, consistent habits can significantly reduce the risk of chronic disease, improve mental clarity, and support overall well-being.

Hormones & Energy: The Balance of Men's Vitality

Testosterone isn't just about strength or muscle; it's central to mood, energy, and focus. When levels drop, men may notice fatigue, irritability, or low motivation. Regular exercise, quality sleep, and a balanced diet rich in protein and healthy fats can help maintain optimal levels naturally. Research also shows that reducing alcohol, managing stress, and getting adequate vitamin D all support healthy hormone balance.

Heart & Metabolic Health: Prevention Is Power

Cardiovascular disease remains a leading cause of death for men—but it's largely preventable. Regular screenings for blood pressure, cholesterol, and blood sugar levels are essential. Even small improvements, like walking 30 minutes a day or replacing processed foods with whole grains and lean proteins, can significantly reduce the risk of heart disease.

Mental Health: The Silent Strength

Men are often taught to be strong, but silence can come at a cost. Depression, anxiety, and burnout affect millions of men each year, usually going untreated. Research from the Canadian Men's Health Foundation shows that men who openly discuss stress and seek help early are far less likely to experience severe depressive episodes or substance-related issues.

Fitness, Sleep & Longevity: The Everyday Medicine

Regular exercise isn't only about fitness; it's preventive medicine. Studies show men who stay active for at least 150 minutes per week have lower rates of cancer, heart disease, and cognitive decline. Quality sleep (7–9 hours) is equally important. Sleep regulates hormones, repairs muscle tissue, and restores brain function. Lack of rest increases the risk of diabetes, high blood pressure, and weight gain.

Prioritize your health today

Learn how we make preventative care simple and accessible.



1-800 - 484 - 0152



info@membershealth.ca

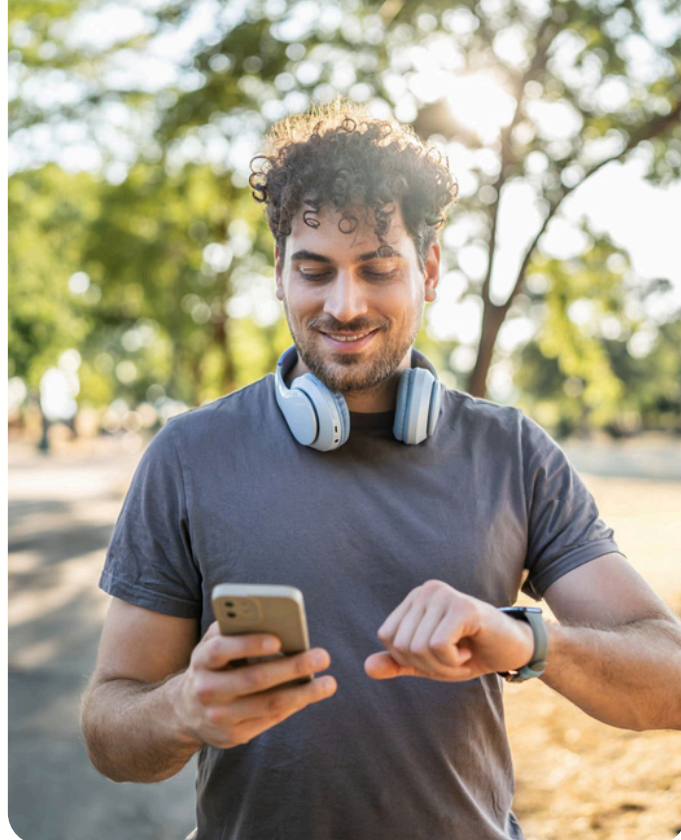


www.membershealth.ca

Movember: Changing the Face of Men's Health

November invites a quieter kind of awareness. Beyond the mustaches and fundraisers, Movember is about reflection, a chance to focus on the health and well-being of men everywhere.

Across Canada, many face silent struggles: fatigue, anxiety, unspoken worries about their bodies. Too often, help comes too late. Movember reminds us that true strength lies not in silence, but in self-care and early action.



Prostate Health and Prevention

Prostate cancer remains one of the most common cancers among men — 1 in 8 will face a diagnosis in their lifetime. Yet when caught early, survival rates exceed 90%. Awareness starts with listening to your body: small changes in energy, urinary habits, or persistent back pain are signals worth noticing.

Dr. Donald Jones' Tips for Men's Health

President & Chief Medical Officer

Start Early

Engaging in your health proactively leads to stronger physical and emotional outcomes.

Redefine Screening

Routine checkups aren't about fear, they're about freedom and peace of mind

Respect Yourself

See medical care as an act of self-respect, not obligation.

Care with Intention

Your body tells your story — tending to it is an act of kindness, for yourself and those who depend on you.

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This newsletter provides information only and is not a substitute for professional healthcare advice. We highly recommend individuals facing any health concerns, including symptoms related to mental well-being, to seek advice from their healthcare practitioner.

Kindness In Action

Acts of kindness don't end with the individual. They scale. They ripple outward, from families to workplaces, from communities to culture. At MembersHealth, we've seen that kindness isn't just a personal virtue; it's a public health strategy. When we lead with empathy, connection, and care, the benefits multiply, improving mental health, strengthening teams, and creating environments where everyone can thrive.

In the Workplace

Kindness in the workplace isn't just "nice to have," it's a workplace standard. Organizations that prioritize kindness not only keep their talent but also attract it: research shows that 77% of job seekers are more likely to respond to postings that list kindness as an important value, and 74% consider personal support, like check-ins from a manager, to be a key factor in their satisfaction.

In Healthcare

The key to delivering effective care is empathy, respect and listening. In practice, patients treated by clinicians who scored higher on empathy/kindness measures had better clinical outcomes (for example, improved glycaemic control in a study of nearly 900 patients) and reported more trust and connection.

In Society

Loneliness and social isolation are among the fastest-growing public-health challenges of our time. But kindness can shift that trajectory. By fostering connection, by offering small gestures of goodwill, we strengthen the bonds that support both individual wellness and collective resilience. At MembersHealth, our Integrated Wellness Solutions don't treat the body or mind in isolation — we treat the whole person, emotional, physical and relational, because wellness begins in connection.



The MembersHealth Mindful Kindness Practice

- **Pause** – Each morning, think of one person who could use encouragement.
- **Act** – Send a kind note, offer help, or share a genuine compliment.
- **Reflect** – Notice how it feels — lighter, warmer, more present.
- **Repeat** – Make it a daily ritual this month. Small acts, big shifts.

How Our Members Make November Kinder

Kindness isn't always a sweeping gesture. It can begin with even the smallest, everyday act, and the ripple effect can make all the difference. We asked our Members to tell us just how—and their stories remind us that compassion, in any form, has the power to inspire others to do the same.

"I was in a minor car accident that left me injured and unable to work for a while. It was enough to make me feel isolated and sad, like nothing I did really made a difference. When I started volunteering after my recovery, I realized kindness keeps me grounded. I went in hoping to make a difference — and found the difference was made in me

— **Ryan, MembersHealth Member**

"I was taking the subway, listening to music and sitting across from a young man my age. When the train came to a stop due to a delay, our eyes met, I smiled, and we both shook our heads in disappointment. A few minutes later, we wound up making small talk. It was a small encounter, but somehow made the annoyance suck a little less."

— **Casey, MembersHealth Member**

"Last winter, my elderly neighbour's walkway hadn't been cleared after a heavy snowfall. I grabbed my shovel and cleared it before heading to work. The next morning, I found a thank-you card and a batch of cookies on my doorstep. That simple exchange turned into a friendship, now we check in on each other all the time."

— **Alexandra, MembersHealth Member**

"It was a very hectic Tuesday at work. We needed a project finished and out by the end of the day, but the setbacks just kept coming. My colleague, Erik, was the one to step in and make sure we were all on track, despite being busy himself. At the end of the day, I caught up to him in the parking lot and made sure to thank him for all of his help. We don't always see eye-to-eye on things, but I hope he knows how much his work is appreciated."

— **Perry, MembersHealth Member**



Flu Season and Holiday Care

Protecting Yourself and Others

MembersHealth has identified a 21% increase in flu-related cases across our member network this season. With the holidays approaching and large gatherings imminent, it is more important than ever to prioritize prevention, early detection and timely care for our families, workplace and communities.

Recognize Early Symptoms

The flu can appear suddenly and may be mistaken for a cold or COVID-19. Watch for these common symptoms:

- High fever or chills
- Cough, sore throat, or runny nose
- Muscle or body aches
- Headaches and fatigue
- Nausea, vomiting, or diarrhea (especially in children)

If symptoms develop, members are encouraged to connect immediately with MembersHealth Virtual Care for evaluation and treatment.

Get Support When You Need It

- **Symptom screening:** Start with a quick check through the MembersHealth virtual portal.
- **Same-day care:** Connect with a licensed healthcare provider for a telemedicine consult, available 24/7.
- **Prescription coordination:** Get coordinated access to antivirals or supportive medications.
- **Follow-up care:** Receive ongoing wellness monitoring to support a full recovery.
- **Return-to-work guidance:** Get personalized recommendations to protect your health and the well-being of your team.

MembersHealth is monitoring flu activity and sharing health alerts. For care or prevention advice: visit www.membershealth.ca or call 1-800-484-0152.

