

Members' Digest

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January Edition: Shaping a Better You at Work

The start of a new year invites us to pause, reset, and step into healthier routines. Winter, however, often brings added strain on our immune systems, our mental well-being, and our energy levels at work. This month, we're focusing on staying informed and supported through the season.

From rising tuberculosis cases in Western Canada to the importance of flu vaccinations, mental health renewal, and a powerful member story, January is about clarity, prevention, and care when it matters most.



Member Story

When the Flu Hit an Entire Family

When the flu swept through Melissa's home in early January, all three of her children became sick within hours. By the next morning, both she and her husband were battling fever and exhaustion.

"Getting one doctor's appointment in Canada is hard," Melissa said. "We needed seven."

Instead of waiting days or spending hours in overcrowded clinics, Melissa opened her MembersHealth app. Within minutes, her first virtual appointment was booked. Over the next two days, her family completed seven direct-to-doctor visits, fully coordinated and supported by MembersHealth's care navigation team.

"It was unbelievable," she said. "We were seen faster than we could even get out the door. I kept thinking, How is this possible in Canada?"

With clear diagnoses, treatment plans, and compassionate follow-up, Melissa's family recovered quickly. Her experience shows how timely access to care can transform stressful moments into manageable ones, creating space to rest, heal, and focus on what matters most.

A Better You at Work Begins Here

Practical Ways to Feel Better at Work

See your health with clarity

Get trusted guidance and straightforward answers to help you make informed decisions about your health.

Believe in your ability to grow and recover

With the right support, you can build resilience, recover more quickly, and maintain overall well-being, both mentally and physically.

Create a healthier path forward

Access care that's proactive, personalized, and designed to support you at every stage.

Support when you need it most

Whether you're seeking medical advice, mental health support, or faster access to care, MembersHealth is here, every step of the way.



Tuberculosis Increase in Western Canada

Health authorities across Western Canada are reporting ongoing tuberculosis (TB) activity in 2025, reinforcing the need for awareness and early care. While TB is preventable and treatable, it remains a public health priority, especially during colder months when respiratory infections are more common.

What We're Seeing

Canada continues to monitor TB through the Public Health Agency's surveillance system. As of the 2024–2025 data, Canada reported 2,508 new active TB cases in 2024, with an incidence of 6.1 cases per 100,000 population, the most recent comprehensive national figure available as of 2025 [Tuberculosis disease surveillance — Canada.ca \(2025 data\)](https://www.canada.ca/en/public-health/services/diseases/tuberculosis/tuberculosis-disease-surveillance---canada.ca-(2025-data).).

Western Provinces Trends

- Western Canada (BC, AB, SK, MB) historically reports some of the highest active TB incidence rates in the country, with provincial totals collectively above the national baseline.
- British Columbia's 2024 incidence was about 5.7 per 100,000 people (326 cases), similar to recent national rates and reflecting ongoing monitoring in early 2025. [BCCDC TB Annual Report 2024 Final \(BC data\)](#).
- Public health surveillance in Saskatchewan and Manitoba continues active TB prevention and case follow-up as part of provincial communicable disease control programs. [TB Prevention and Control Saskatchewan](#).

How You Can Help Protect Yourself and Others

Tuberculosis (TB) spreads through the air when a person with active lung TB coughs, speaks, or sneezes, particularly during prolonged time indoors. Early awareness and action play a critical role in protecting your health and reducing the risk of spread in workplaces and communities.

Be alert for symptoms such as a persistent cough lasting longer than two to three weeks, fever or chills, night sweats, and unexplained fatigue or weight loss. If these signs appear, seeking a timely medical evaluation can help ensure early treatment and protect those around you.

Reduce Risk in Shared Spaces

- Improve indoor ventilation where possible, especially during the winter months.
- Follow public health guidance on screening, contact tracing, and preventative therapy for latent TB infection.
- If diagnosed, work with MembersHealth and your healthcare provider to complete the full course of treatment, which is essential for a cure and to prevent drug resistance.

Prioritize your health today

Learn how we make preventative care simple and accessible.

☎ 1-800 - 484 - 0152 ✉ info@membershealth.ca 🌐 www.membershealth.ca

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.

Why Flu Vaccines Matter More This Season

As we move deeper into the winter months, health organizations across Canada and beyond are reporting a stronger-than-expected flu season. While seasonal influenza is familiar, this year's activity has been higher than typical early-season patterns, making flu prevention more important than ever.

Flu vaccines remain the single most effective tool we have against seasonal influenza. They protect individuals from severe illness, help reduce the spread of the virus in workplaces and communities, and support overall public health resilience during a time when respiratory illnesses are circulating widely.



How the Flu Vaccine Protects You

Reduces Symptoms Severity

Even when the vaccine does not completely prevent infection, it typically lessens the severity of symptoms, lowers the risk of hospitalization, and reduces the likelihood of serious complications such as pneumonia.

Helps Protect the Most Vulnerable

Influenza can be serious or even life-threatening for older adults, people with chronic health conditions, pregnant individuals, and young children.

Supports Workplace Health

Getting vaccinated supports workplace health by reducing sick days, limiting spread among coworkers and clients, and keeping teams running smoothly during peak illness months.

Supports a Stronger Healthcare System

By reducing severe illness and hospitalizations, vaccination helps ease the strain on healthcare services, allowing providers to focus on patients with the greatest need, especially during peak flu season.

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Mental Health Reset for the New Year

January often arrives with mixed emotions. For some, it feels like a fresh start filled with possibility. For others, the return to routine after the holidays can feel heavy, bringing fatigue, pressure, and emotional adjustment. Shorter days, colder weather, and post-holiday expectations can all contribute to a sense of overwhelm.

Recognizing how this transition affects mental health is an important first step. Mental well-being doesn't reset on January 1st, and it's okay if motivation and energy take time to return.



Why January Can Be Challenging

After the holidays, many people experience:

- **Sudden shift back to busy schedules and expectations**
- **Financial and social strain after the holidays**
- **Reduced daylight and outdoor exposure**
- **Disrupted sleep and daily routines**

Early Signs Worth Paying Attention To

Mental health challenges don't always appear as major symptoms. Subtle changes can be just as important to notice, including:

- **Irritability or heightened stress responses**
- **Low motivation or emotional flatness**
- **Difficulty concentrating or making decisions**
- **Changes in sleep patterns or ongoing fatigue**
- **Withdrawing from colleagues, friends, or activities**

Small Habits That Support Mental Reset

Prioritize sleep: Aim for consistent bed and wake times to help regulate mood and energy.

Rebuild simple routines: Start with manageable daily anchors, morning walks, regular meals, or short breaks.

Limit self-criticism: Fatigue and low motivation are signals, not personal failures.

Stay connected: Reaching out to a trusted colleague, friend, or family member can reduce feelings of isolation.

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