

Members' Digest

Highlights

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Care Through the Winter Months

Whole-Person Health, When You Need It Most

February is often framed around connection and care, but for many Canadians, it can also be one of the most emotionally challenging months of the year. Shorter days, winter fatigue, financial pressure, and work stress can all take a toll.

This month's Members Digest focuses on what matters most right now: mental well-being, sustainable health solutions, and real stories of care in action.



Member Story

Dan's Path Back to Balance

Dan's Story

When Dan first connected with MembersHealth, it wasn't for a crisis; it was for clarity. After weeks of feeling run-down and overwhelmed at work, Dan booked a virtual appointment through MembersHealth.

What started as a simple check-in turned into something more meaningful: early identification of both physical fatigue and rising anxiety levels.

With coordinated support from a virtual clinician, mental health resources, and follow-up care, Dan didn't just "push through"; he reset, recovered, and regained confidence in managing their health.

"I didn't realize how much I was carrying until someone actually asked and listened. MembersHealth made it easy to take care of myself without stepping away from my life."

This is what whole-person care looks like: early support, compassionate care, and lasting outcomes.

Feeling run-down or overwhelmed lately?

Support is available, and it can start with a quick conversation.

MembersHealth makes it easy to connect with care, explore helpful resources, and build a plan that fits your life.

Reach out today to book a virtual appointment or find the right support.



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What We're Hearing

Wellness Starts With Leadership

Employee well-being is increasingly recognized as essential, not optional. But building a culture of wellness takes more than good intentions. Recent findings show that while many workplaces want to support healthier, happier teams, barriers like time, budget, and limited leadership participation can make it harder for wellness initiatives to truly meet people where they are.



Key Wellness Findings



- **73%** of organizations say there reason to offer wellness initiatives to improve overall worker health and well-being
- Yet **35%** cite lack of dedicated wellness budgets, and another 35% report time constraints as major barriers
- Only **30%** of leaders actively participate in wellness initiatives, despite leadership involvement being one of the strongest predictors of program success

International Foundation of Employee Benefit Plans (IFEBP) February workplace wellness survey data

What This Tells Us

Many organizations want a healthier workforce, but wellness efforts can feel inconsistent or under-resourced.

Limited budgets often lead to “nice-to-have” programs that don’t meet daily needs, and time constraints make it hard for employees to engage, even when support is available.

How we can help

At MembersHealth, we believe wellness should never feel like “one more thing” to manage.

That’s why our integrated approach brings virtual care, mental health support, and proactive screening together, so care fits into life, not the other way around.

GLP-1 Medications in Canada

What People Are Asking right now

You may be hearing more about GLP-1 medications (including semaglutide-based therapies) for type 2 diabetes and weight management. Across Canada, interest and clinical use are growing, and so are conversations around access, coverage, and long-term care planning.



Trending questions

Are GLP-1 medications covered through my benefits plan?

Coverage depends on your plan and the reason for use. Many plans cover GLP-1s for type 2 diabetes, but coverage for weight management may require special approval or may not be included.

What support is needed while taking GLP-1s? or short-term?

The best results come with ongoing support, including:

- regular medical follow-ups
- nutrition guidance
- physical activity and lifestyle support
- Long-term behaviour change strategies

What support is needed while taking GLP-1s? or short-term?

- Increased clinical use for diabetes and weight-related conditions
- Growing employer and plan sponsor discussions around coverage + eligibility
- More focus on safe, appropriate prescribing
- More attention to long-term outcomes, not quick results

Who qualifies?

In Canada GLP-1 must be prescribed by a doctor, qualification and often depends on medical criteria, such as:

- A diagnosis of type 2 diabetes, or
- BMI ≥ 30 , or BMI ≥ 27 with related health conditions

Long-term or short-term?

GLP-1 is used both for short and long term, but for most people, GLP-1 therapy is considered a long-term treatment, especially for chronic conditions like diabetes or obesity. Stopping the medication may lead to weight regain for some.

Want to learn more?

Speak with a healthcare provider to understand whether GLP-1 therapy is right for you. You can also book an appointment with a MembersHealth doctor to discuss eligibility, medical appropriateness, and the support needed for long-term success.



Book your appointment today at
www.membershealth.ca/book

Winter Wellness Spotlight

Vitamin D Deficiency In Canada



Winter isn't just hard on mood; it can also impact physical health in quieter ways, including Vitamin D levels. Vitamin D is sometimes called the “sunshine vitamin” because our bodies produce it through sunlight exposure. During Canadian winters, sunlight is limited, time outdoors tends to drop, and our levels can gradually decline.

What We Know About Vitamin D In Canada

- Around **35%** of Canadians have insufficient vitamin D levels (below 50 nmol/L)
- Around **8%** are considered severely deficient (below 30 nmol/L)
- In the winter months, up to **~40%** of Canadians can fall below the cut-off
- In summer, this may drop closer to **~25%**, due to improved sun exposure
- Young adults (**20–39 years**) often show some of the lowest rates of sufficient vitamin D
- Teens and children may also be at higher risk
- On average, females had a higher concentration of vitamin D in their blood than males.



[🔗 Vitamin D Status Of Canadians Table](#) | [Vitamin D Blood Levels Of Canadians Article](#)

Why Vitamin D Matters

Vitamin D supports more than just one system; it plays an important role in

- Cognitive health
- bone strength and calcium absorption
- reducing risk of osteoporosis in adults
- Overall, immune and muscle function support

In Canada, vitamin D deficiency is considered a significant public health concern, especially during winter.

Signs Of Low Vitamin D

Vitamin D deficiency can be subtle and easy to miss. Some people may experience:

- low energy or fatigue
- muscle weakness or aches
- low mood
- getting sick more often
- slower recovery from illness

These symptoms can overlap with many other conditions; it's always worth checking in with a clinician.

February Mental Health Check-In

February often brings a quieter kind of stress. As the pace of work picks up and winter stretches on, feelings of anxiety, low mood, and burnout can build in the background. Many people notice changes in energy, motivation, and emotional resilience during this time of year. Checking in early can help you recognize what you need and access support before things feel overwhelming.



Common February Stressors Include

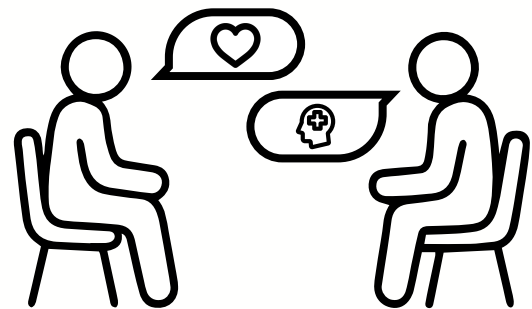
- Seasonal Affective symptoms
- Financial strain post-holidays
- Workplace pressure as Q1 ramps up
- Social isolation during the winter months

“You’re Not Alone, And You Don’t Have To Wait”

Wellness works best when it’s accessible, supported, and human. Whether you’re navigating stress, exploring new treatment options, or simply checking in on your health, MembersHealth is here this month and every month. Care that connects. Support that lasts. Health that fits your life.

Gentle Coping Strategies That Help

- **Micro-connection:** short daily check-ins with someone you trust
- **Light exposure:** morning daylight or light therapy when possible
- **Movement without pressure:** walks, stretching, or gentle routines
- **Name what you’re feeling:** journaling or speaking with a clinician
- **Ask early, not late:** support works best before burnout sets in



Prioritize Your Health Today

Learn How We Make Proactive Care Simple And Accessible.

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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.