

Members' Digest

Highlights

Is Your Family Ready for Back to School?

Why Timely Care Matters at Work

Prepare for Respiratory Illness Season

Supporting Mental Health Through Changing Routines



Back to School. Back to Work.

Preparing families and workplaces for a healthier fall

August is a good time to prepare for the return to school, busier work schedules and the approaching respiratory illness season.

Refilling prescriptions, reviewing care plans, confirming immunization records and addressing health concerns early can make the transition into fall easier.

MembersHealth supports members and eligible family members with timely physician-led care, mental health support and care coordination.

Is Your Family Ready for Back to School?

Back-to-school preparation goes beyond buying supplies and organizing transportation. August is also a good time to make sure your family's health needs are addressed before calendars begin to fill up.

Start the School Year Protected

Keeping immunizations current remains especially important. Canada reported 5,462 confirmed and probable measles cases with rash onset in 2025.[1] In November 2025, Canada also lost its measles elimination status following more than a year of sustained transmission.[2]

Routine and catch-up vaccinations are recommended according to provincial and territorial schedules. A health care professional can help you understand which vaccinations may be appropriate based on your child's age, health history and location.

If you are unsure whether your child is up to date or need help addressing a concern before school begins, MembersHealth can connect your family with physician guidance.

A healthier school year can begin before the first day of class.

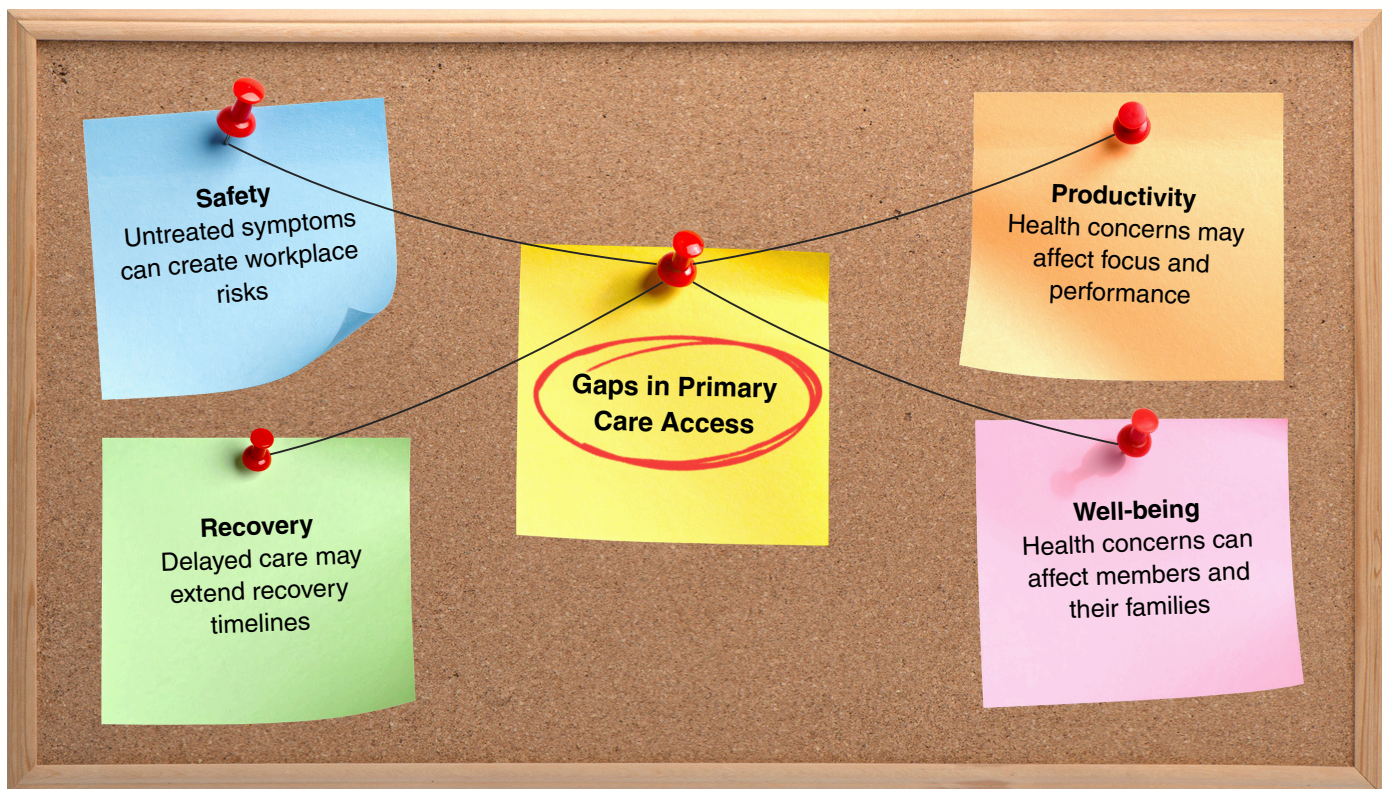
Before September, consider taking a few simple steps:

- ☒ Check your child's immunization record and ask about any missing vaccines.
- ☐ Refill prescriptions and check that medications have not expired.
- ☐ Review care plans for asthma, allergies and other chronic conditions.
- ☐ Confirm that emergency contacts and medication instructions are current.
- ☐ Check in with your child about any worries they may have about returning to school.
- ☐ Address lingering physical or mental health concerns before the school year begins.

Why Timely Care Matters at Work

Statistics Canada reported that approximately **82.8% of Canadian adults aged 18 and older** had a regular health care provider in 2023. While most adults had an established point of care, many Canadians continued to experience gaps in access.[3]

When members or their family members cannot access timely care, manageable concerns may become more serious and create added pressure at home and at work.



How we help close the gap

MembersHealth helps close gaps in access by connecting members and eligible family members with physician-led care, mental health support, care navigation and follow-up. Members can ask questions, receive guidance and understand the next steps in their care before a concern becomes more difficult to manage.

Prepare for Respiratory Illness Season

Respiratory illness season may still feel far away, but preparing before fall can make a meaningful difference.

Influenza, COVID-19, respiratory syncytial virus, also known as RSV, and other respiratory viruses can spread more easily as school, work and indoor routines resume.



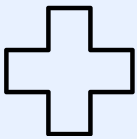
Protect

- Discuss seasonal vaccines with a health care professional.
- Plan support for children, older adults and vulnerable family members.
- Keep health information, medications and emergency contacts accessible.



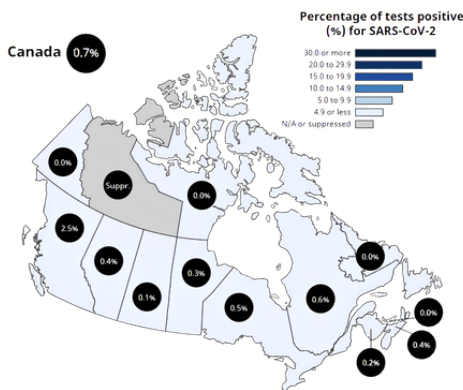
Prevent

- Wash hands regularly and cover coughs and sneezes.
- Improve ventilation in shared spaces when possible.
- Stay home and avoid close contact with others when sick.



Respond

- Monitor symptoms and watch for changes.
- Seek guidance if symptoms worsen or risk factors are present.
- Contact MembersHealth for assessment and appropriate next steps.



Respiratory Viruses in Canada

The Public Health Agency of Canada monitors respiratory virus activity through its national FluWatch+ surveillance program. This information helps identify changing trends, periods of increased activity and the impact of respiratory illnesses across the country.

[Visit FluWatch+](#)

Supporting Mental Health Through Changing Routines

Returning to school and busier work schedules can bring excitement, but also added pressure.

Parents may be balancing work, transportation, activities, finances and caregiving, while children adjust to new teachers, friendships, expectations and routines. Unresolved concerns from the summer may also carry into the fall.

Mental health can affect sleep, work, communication, relationships, physical health and the ability to manage daily responsibilities.



Check In With Yourself and Your Family

- Has sleep or appetite changed?
- Is worry affecting daily activities?
- Are responsibilities feeling harder to manage?
- Is someone withdrawing from usual activities?
- Are physical symptoms appearing during stressful periods?
- Is alcohol or another substance being used to cope?

These signs do not necessarily indicate a mental health condition, but ongoing changes may be a reason to speak with a health care professional.

You do not need to wait until a concern becomes a crisis before asking for help. MembersHealth provides confidential mental health support alongside physician-led care, helping members access the right support earlier.

Prioritize Your Health Today

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