



This article contains general information dealing with health and wellness. It does not constitute medical advice and should not be relied on for diagnosing or treating any illness, injury or disease.

April 30, 2025

Resources to Help Boost Your Health

As we experience the busy month of "AprilMayJune", we know that summer is just around the corner. What better time to look at the great resources available to help you boost your health?

Health Coaching and More

Did you know that as a participant in the BCPVPA Long Term Disability (LTD) Plan, you have access to free personal health coaching? In particular, you can get support for conditions that include:

- Muscle and joint conditions
- Back and neck pain
- Type-2 diabetes
- Pre-diabetes
- Stress and anxiety
- Depression
- High cholesterol
- High blood pressure

This program – Health PACT – is available through our LTD provider, Desjardins.

To sign up, visit: www.healthiscoolprogram.ca

- Enter your contact information and create a password
- Our Group Code is 647227
- Click "Sign Up"

Other resources available through this dedicated health platform include:

- Accessing a health evaluation questionnaire
- Quickly finding locally available health professionals
- Getting information about a specific illness or medication

Sleep Support

Each district has a different Employee Assistance Provider (EAP), so check your district information for specific health supports, including sleep support or coaches.

For more targeted support, you can reach out to a registered sleep therapist who will work with you to “reset” your sleep pattern. A registered sleep therapist is a professional, often a counsellor or psychologist, with specialized training in addressing sleep disorders and insomnia. These experts should be registered counsellors, therefore the cost of their sleep services can be reimbursed through the psychological benefits available to you through Pacific Blue Cross.

You can Google local sleep therapists, search for one in the [Counselling BC](#) directory, or check out this organization: <https://www.haleoclinic.com/>

Information About Your Benefits

As your level of benefits has changed over the past few years, you may have more benefits than you expect. Find out more about your extended health, dental, life, and other health benefits [here](#), and follow these steps:

- Click on My Plan
- Click on your District
- Click on Principals and VP’s and scroll down to see the scope of your coverage

Pacific Blue Cross also offers Digital Health Tools. Sign into your Pacific Blue Cross account at <http://pac.bluecross.ca/> and navigate to Digital Health Tools, where you will find:

- The Health Risk Assessment and Age Adjuster, a great starting point to better understand your current physical and mental well-being
- Personal challenges to get you started
- Self-directed health coaching for a variety of health conditions
- Health library listing topics from A to Z

To further boost your well-being, consider taking advantage of benefits you may not have used in the recent past, such as acupuncture or naturopathic medicine.

BCPVPA Health Portal

Check out the Member Health tile in our member-only portal, My BCPVPA, which can be accessed from the navigation bar at bcpvpa.org. The tile provides information and links to resources, along with guidance regarding:

- General health resources
- Mental health and addictions
- Physical health
- WorkSafeBC Injury Claims
- FAQ's: Disability Leaves
- WelTel
- Early Intervention Program (EIP) through humanworks

As an LTD Plan participant, you have access through EIP to counsellors who understand the pressures of an administrator's role. They are there to help you cope, and to strengthen those points where workplace and health overlap. You can learn more about this program by contacting Rochelle@bcpvpa.bc.ca or [clicking this link](#).

Looking for Something Specific?

If you are looking for a specific health resource or direction, contact Rochelle@bcpvpa.bc.ca, and I will work with you to find an answer.

As this school year winds towards its close, consider being proactive in preventing injury, disease, or illness, or taking the necessary steps to cope and recover from a health condition. Once you have made the decision to act, we are here to help you find the resources and information that you need.

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.