



MEMBER UPDATE

ReFresh

November 25, 2020



This week...

Pause for an important cause - preventative care!

When was the last time you checked in with your physician for preventative care?
Today, **pause for 10 minutes** from your regular daily routine and prioritize YOUR health.

Principals, Vice-Principals, and Exempt staff belong to the BCPVPA Long Term Disability (LTD) Plan. As members of this plan, you also have access to [Health is Cool 360°](#) - Desjardins' health navigation platform that provides information and resources for your wellness.

Step 1: Set Up an Account

To access this platform, you'll first want to [set up an account](#). We suggest you register with your School District email address as that is likely how you are registered with the BCPVPA LTD Plan. The Group Code is **647227**. Please [let Rochelle know](#) if you run into any challenges.

Step 2: Check your Recommended Health Screenings

Once registered, [follow this link to get to the Preventative Screening page](#). You can also find this guide under the **Wellness > Prevention** tab. Once you are on the **Preventative Screening** page, enter your gender and age. The site will then direct you to the types of screenings and assessments most relevant to you. *What better cause than to check if you are up to date with your recommended health screenings? It only takes a few minutes.*

Step 3: Make an Appointment with a Physician

Next, contact your physician to schedule any assessments that are due. **Please take heed:** these prevention steps are much easier and time saving than dealing with the actual illness or disease you are trying to prevent. For many conditions – such as cancer – the earlier it is detected, the better your treatment outcomes will be.

Surprisingly, **accessing a physician during this pandemic can be quick and easy**. For most issues, you can visit a family physician in the comfort of your own home, as many are offering appointments via phone call or video chat.

If you do not have a family physician at this time, you can download the [Babylon app](#). This is a TELUS and BC Provincial Government initiative where you can access a local family physician by video chat. This is paid through the Medical Services Plan (MSP) and is quick and easy to use. You can usually see a physician within 24 to 48 hours! These physicians can renew prescriptions, order screening tests and more.

After you have learned about your preventative screening, take a couple of minutes to tour the full **Health is Cool 360°** platform. It has great information, support and resources including, but not limited to:

Understanding Provincial Healthcare

- How to find a physician
- Community resource groups
- Wait lists
- Reliable medical information on a range of conditions

Wellness and Health Management

- Health risks assessment

- Wellness tips and articles
- Medications library
- *How to access a health coach!*

In addition, here are a few Health is Cool 360° brochures worth checking out:

- [What is Health is Cool 360°?](#)
- [Health PACT](#)
- [Health Evaluation](#)

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.

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