

COVID-19 Wellness Calendar



October 2020

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
← Preventative Care Exams →						
5	6	7	8	9	10	11
← Preventative Care Exams →						
12	13	14	15	16	17	18
← Preventative Care Exams →						
19	20	21	22	23	24	25
← Preventative Care Exams →						
26	27	28	29	30	31	
← Preventative Care Exams →						

Preventative Care Exams

For this month's theme we are providing you with a Mental Health self-assessment questionnaire created by the Canadian Mental Health Association called the Mental Health Meter. The Mental Health Meter is an online assessment tool designed to help you determine your level of mental fitness. Through this tool you can learn more about your ability to fully enjoy life, your resilience, life balance, self-actualization and flexibility. You can access the questionnaire here:

- https://cmha.ca/mental-health-meter#.VHXIGTHF_h4

In addition to the questionnaire, we also have the following resources available to you:

- [Health Checks: Why are they Important?](#)
- [Find Cancer Early](#)
- [Flu Shots](#)
- [Healthy Eyes](#)
- [The Importance of Regular Dental Visits](#)

Check out the Group Benefits and Insurance page on The Wire to learn more about group insurance benefits offered at Black & McDonald.

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider:

Workplace Options EFAP

(Canada)

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
- COMPANY CODE: BMWWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

AlternativesEAP

(United States)

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play

Contact your Regional HR Partner for more support.

Black & McDonald has launched a **new COVID-19 website**, <https://blackandmcdonaldhealth.com> for our employees.

Please visit the website for up-to-date information on COVID-19, all staff messages from our CEOs, and variety of resources to support the health and wellbeing of our employees.

Lean more about this theme [here](#).