



Preventative Care Exams

Many adults may think that a yearly checkup is not really necessary, especially when they consider themselves to be in good health. However, nearly a third of the 133 million Americans living with a chronic disease are unaware of their health condition. That's why preventative care to manage our health in order to offset a chronic disease should be woven into all aspects of life, including where and how we live, learn, work and exercise. Rather than treating a condition after it has progressed, preventative care focuses on addressing disease before it happens by maintaining a healthy lifestyle.

This theme will provide you with various resources that will inform you of the importance of regular health check-ups including eye exams, dental check-ups, getting an annual flu shot, and tips on how to make the most of your visit to your general practitioner.

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.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

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

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