**What you can do to stay healthy this fall:**
- Get immunized. Public clinic dates will be announced early fall: [http://www.viha.ca/flu/public/](http://www.viha.ca/flu/public/)
- Stay home when you’re sick or have flu symptoms.
- Healthy eating: [http://www.healthyfamiliesbc.ca/eating](http://www.healthyfamiliesbc.ca/eating)
- Visit Vikes Recreation!

**Important Notice**
Faculty & staff enrolled in UVic’s Extended Health and Dental Plans will receive new Pacific Blue Cross ID cards early 2014. ID cards will be mailed to home addresses. Please ensure that UVic has your current contact information by updating your profile in My Page.

*Further information including FAQ available soon!*

---

**Price breakdown: prescription drugs**

Have you ever wondered what makes up the cost of your drugs? Are all drug mark-ups the same? Use Pharmacy Compass to compare prices of prescription drugs.

One in 10 Canadians struggles to pay for prescription medications, even when covered by insurance. And one in six British Columbians does not adhere to prescriptions because of cost – a rate nearly twice the national average.

Pacific Blue Cross is an advocate for ensuring that all British Columbians have access to affordable health care. That’s why we created Pharmacy Compass.

The free, interactive online tool allows you to compare prices of both brand name and generic prescription medications at different pharmacy locations across British Columbia. With Pharmacy Compass, depending on the type of prescription medications you need, you could lower your out-of-pocket drug expenses by up to hundreds of dollars annually.

**How does Pharmacy Compass Work?**
Pharmacy Compass is not a mobile application that you download, but a responsive web design that adapts to a range of devices including smart phones, desktop computers and tablets.

Pharmacy Compass compares the average cost (per pill) of brand name and generic equivalent prescriptions sold as tablets or capsules. It does not compare prices of non-prescription products or other dosage forms such as topical products or liquids.

Start using Pharmacy Compass today. Go to [www.pharmacycompass.ca](http://www.pharmacycompass.ca). Read the Terms of Use and click I Agree to continue to the tool.

---

**The disease that whispers**

September is Ovarian Cancer awareness month. This type of cancer is called the whispering disease because of its often subtle symptoms, which can mimic those experienced during menopause. Learn risk factors and symptoms of this disease and spread the knowledge to your loved ones.

---

**Take our 2013 health survey**
Help our benefits provider make informed investments in health and wellness. Contribute to the [2013 health survey](#) open to all CARESnet members. Individual answers are strictly anonymous and aggregate results will be published later this year. Survey closes September 25, 2013.

**Get it now!**
Keeping track of your Pacific Blue Cross extended health and dental insurance just got easier. Use our CARESnet Mobile* app to manage your benefits on your Apple iPhone or another iOS device whenever and from wherever you may be.

---

*Welcome back to Vikes Recreation! We missed you! Our fall programs are now open, and there is still time to register! Listed below are just some of our hottest items this season, but you can check out all of our offerings by visiting Vikesrec.ca or looking through our [Online Rec Guide](#).*

**Unlimited Christmas Fitness Pass** - only $25!
Christmas cocktails, turkey, ham, stuffing, & that extra serving of pie will add up. ’Tis the season to forgo your fitness goals so let us help you stay motivated! Get this UNLIMITED Christmas Fitness Pass for a variety of classes such as Yogacore, TRX, Xfit, BOSU Pilates, and Ballet Barre Blast to name a few! Pass is valid December 2-13, and is a great way to get started on your 2014 New Year’s goals! [Schedule here](#).

**Just Keep Swimming, Just Keep Swimming…**
It’s never too late to learn to swim! We have both group classes and private lessons. Our [Adult Beginner Lessons](#) start with submersion, breath control, floats and glides. This class will work at your own pace. [Details here](#).

---

*Faculty & staff enrolled in UVic’s Extended Health and Dental Plans will receive new Pacific Blue Cross ID cards early 2014. ID cards will be mailed to home addresses. Please ensure that UVic has your current contact information by updating your profile in My Page.*
UVic Extended Health and Dental Care Claims

UVic
Extended Health Care Claims Paid by Category
12 months ending May 2013

UVic
Dental Care Claims Paid by Category
12 months ending May 2013

Health resources

The BC Services Card

As of February 15, 2013 the provincial government will introduce the BC Services Card, which will be phased in over a five-year period. The BC Services Card replaces the CareCard & can be combined with your driver’s licence. It is secure government issued identification that British Columbians can use to prove their identity & access provincially-funded health services. In the future, the BC Services Card will provide in-person & online access to other government services.

LifeLabs on-line appointment booking

Visit http://booking.lifelabs.com to register and schedule your next appointment. More information on the service is available here: http://www.lifelabs.com/Lifelabs_BC/Patients/Appointment_Info.asp

Five ways to end food waste:

We all know that a healthy lifestyle includes a diet rich in whole foods, fruits and vegetables. Check out five ways to end food waste by David Suzuki’s Queen of Green. Make your fruits and vegetables last longer, save on grocery bills and help the environment at the same time.

Let’s talk mental health

Round table conversations at the University of Victoria

When: Wed., October 9, 11:30 am - 1:00 pm
Where: Engineering Graduate Lounge ECS 660
Supporting Your Mental Health: Making Connections on Campus

For more information and future events, visit: http://web.uvic.ca/eqhr/mhtf.htm

New from BC Life and Casualty Co: Increased coverage now available through Optional Life Insurance

Effective July 1, 2013 eligible Employees and Spouses can purchase Optional Group Life Insurance in multiples of $25,000 to a maximum of $500,000.

Evidence of insurability is required before any amount becomes effective. If you would like to purchase Optional Life Insurance or increase your existing coverage, please request an application form from the Benefits Office.

Want to know more about your benefits or current premiums?
Employee Benefit Handbooks are on-line:
http://web.uvic.ca/hr/benefits/benefithandbooks.html

Got some good ideas for future Benefits Newsletters? What would you like to see included in upcoming issues?

We welcome all suggestions and ideas.
Please email Suzanne Helston, Manager, Benefits at shelston@uvic.ca

Five ways to end food waste:

We all know that a healthy lifestyle includes a diet rich in whole foods, fruits and vegetables. Check out five ways to end food waste by David Suzuki’s Queen of Green. Make your fruits and vegetables last longer, save on grocery bills and help the environment at the same time.

Through my ehealth (http://www.myehealth.ca), British Columbia patients now have access to their lab results at no charge.

More and more patients are getting involved in helping to manage their own health care; and more and more patients are asking for hard copies of their test results, which the labs send through the mail.

My ehealth offers a faster and secure method for patients to receive their results. As soon as results are released from the performing lab, they’re available online in my ehealth through secure technologies and procedures to help protect your information from unauthorized access, use or disclosure.

My ehealth is a free service for BC patients and is available in 4 languages.