

PIPEWRENCH

Your Communication Pipeline

FALL EDITION

Inside This Issue:

Let's Get Digital NEW CONTEST!	2
Mental Health —a New Option	3
Dear RASI	3
Retire from Smoking	4

We are asking our membership to embark on a new opportunity and go digital if you can.

A Message from the Board of Trustees

Dear Members,

Change is always difficult at first, but as the world around us moves into a more advanced technical environment, we too as a membership must make changes in the benefit world, even if the steps are slow but steadily moving forward.

Learning new technological skills is essential for digital transformation. But it is not enough. The reality is that paper is becoming obsolete, and it is more costly to do business this way. We are not suggesting that the benefits we administer for our membership move to a complete digital environment, but we are asking our membership to embark on a new opportunity and go digital if you can.

The second "Let's Get Digital" contest begins. This is an opportunity for you and your dependents to get on the digital platform with Green Shield. Green Shield is our Extended Health, Dental and Health Care Spending Account insurance carrier that processes your claims. They charge the plan a fee on every claim they pay on your behalf. This fee is higher when Green Shield has to process a large volume of paper claims and mail out cheques for our membership. By going digital, you can submit a claim directly online or on your phone through the GSC mobile app and have the claim payment deposited into your bank account within 48 hours of it being processed. You have nothing to lose and more to gain, so why not try it out!

If you need assistance going digital with Green Shield, give RASI a call. They will be happy to assist you!

Sincerely,

Steve Foffano, Chairman	Frank Benincasa	Les Ellerker	Dave Marcus
Ross French, Secretary	Nathan Bergstrand	Ken Luxon	Bill Stanger

Candidate Trustees

Braedan McIntyre	Barrington Price
------------------	------------------



Canadian Piping Trades
LOCAL 67



NEW “Let’s Get Digital” CONTEST!!

Featuring Green Shield



LET’S GET DIGITAL
With...



Members comfortable using online/mobile services are encouraged to go digital!

Register your online account with Green Shield at www.gsceverywhere.ca to participate in the contest. Members already "digital" with an existing GSCeverywhere.ca account are also welcome to participate.

Benefits of having an online account with Green Shield:

- You can easily submit your claims online
- You can log in to see the status of your claim(s)
- Your claims are reimbursed directly into your bank account
- It is the fastest way to have your claims reimbursed

Five \$100 prizes to be won!

CONTEST RULES

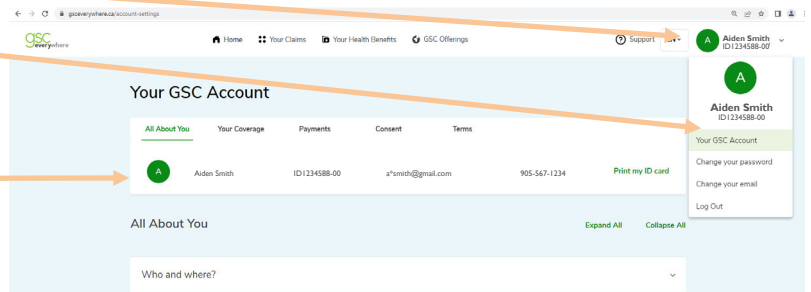
Eligibility:

- Be a Member of UA Local 67 or the Union Administrative staff.
- Register or already be registered with a GSC Account online or GSC mobile app.



How to Enter:

1. **Log in** to your new or existing Green Shield account at: gsceverywhere.ca or scan the above QR code.
2. Click on your name beside the green circle on the top left corner and select **“Your GSC Account”** from the drop down menu.
3. Take a screenshot or photo of **“Your GSC Account”** showing your name.
4. Email your screenshot / photo to local67@reliableadmin.com
5. The subject line of the email must include the words **Green Shield** and your **Full Name**.



Prizes:

- Five **\$100 prizes** to be won!

Winners:

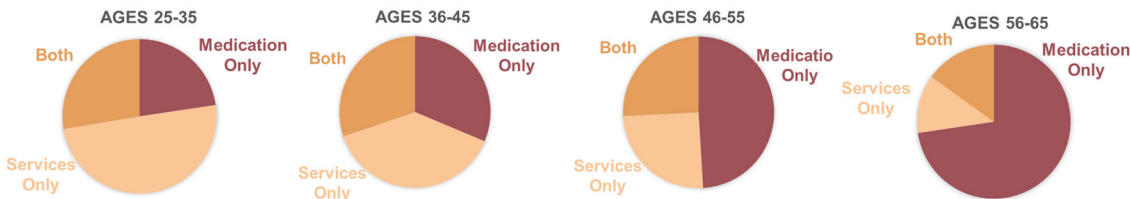
- The five winners will be drawn by the Board of Trustees and announce in the next Pipewrench.

Contest Deadline:

- Friday December 22, 2023

Mental Health Services—A New Option

Everyone can agree that mental health is important, but not everyone likes to use the same treatment. Surveys found persons ages 20-35 prefer using in-person services to improve their mental health opposed to using prescription drugs or both in-person services & prescription drugs. Below we observe how preferences differ by age, with the majority of persons ages 56-65 preferring to use prescription drugs alone.



Whether you prefer to use in-person services, just prescription drugs, or both—you may want to try a digital mental health program.

Green Shield has two digital mental health programs you can choose from.

1. Tranquility by Inkblot and Inkblot visit: www.tranquility.app/gsc

\$75* for the Self-Guided Program, which is an Internet-based Cognitive Behavioural Therapy (iCBT) platform is backed by science, to help you to manage anxiety and depression, so you can take control of your mental health. With interactive learning modules, tools, to help you develop positive coping strategies and reduce life-disrupting symptoms.

+\$325* Coach Assisted Program Delivers live, personalized mental health support, from the comfort of home. Each qualified therapist is matched as the best fit for you.

2. MindBeacon

visit: info.mindbeacon.com/ech/gsc-pmember

\$500* for the Therapist Guided Program, which is a 6 to 12 week online program to tackle a wide range of issues that impact your wellbeing, including depression, anxiety, panic, PTSD & stress. Your therapist will guide you through online readings and activities that you complete on your own. Plus, you have access to the resources for up to 1 year.

+\$300* to add plus insights should you opt to speak to a clinical psychologist to discuss your assessment results over a one-on-one phone call. Plus, you will receive a psychologist diagnosis report you can share with your healthcare provider.



Local 67 Benefit Plan includes: \$800 combined maximum, per calendar year for the services of the following licensed Mental Health Professionals:

- Behaviour Analyst/Therapist
- Counsellor, Social Worker
- Master of Social Work
- Psychoanalyst
- Psychologist
- Psychotherapist
- *Tranquility by Inkblot*, self-guided program or coach assisted program
- *MindBeacon* Therapist Guided Program

**The cost of both of Green Shield’s digital mental health programs are eligible to claim under your plan’s Mental Health Practitioners benefit and are subject to change.*

Dear RASI, Does my plan cover smoking cessation drugs?

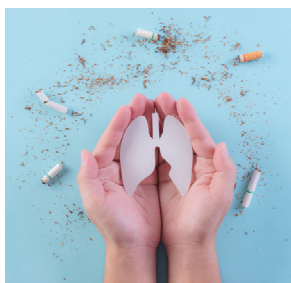
Yes, your Health benefit includes 168 tablets of Zyban® or Champix®, per person, per calendar year, with a prescription. Your regular plan does not cover nicotine replacement products (such as patches or gum), but if you get a prescription from your doctor, you can claim these expenses through your Health Care Spending Account.

Reliable Administrative Services Inc. (RASI)

102-195 Dartnall Rd.
Hamilton ON
905-387-5861

Local67
[@reliableadmin.com](https://www.reliableadmin.com)

Is it time to Retire...from Smoking?



Understand it may take a few times tries to quit before you quit for good or “retire” from smoking. Below are tips and a story of someone who quit for good.

- Think of all the reasons you want to quit smoking.
- Talk to your Doctor, get support from the smokers’ helpline and friends.
- Recognize your Triggers & Plan for ways to combat them, for example:
 Morning Coffee —Try having juice and your coffee after lunch instead
 Family Stress—Plan to start a new sport, try breathing exercises, or call a friend.
 Temptation—Avoid people who are smoking and go for a walk on your breaks.
- Expect the cravings to be strong the first days and to feel moody the first weeks.
- Remind yourself of the reasons your quitting & celebrate your achievements.

BENEFITS OF QUITTING:

20 minutes after quitting:

- Your blood pressure and pulse return to normal.

After 8 hours:

- You can breathe easier. Your oxygen levels are back to normal and your chance of heart attack goes down.

After 24 hours:

- Your lungs start to clear out the mucus. Coughing is actually a good sign.

After 48 Hours

- You are nicotine-free. Your sense of smell begin to return.

After 1 year:

- Your risk of a heart attack is cut in half.

After 10 years:

- Your risk of dying from lung cancer is cut in half.

10 to 15 years after quitting:

- Your risk of coronary heart disease is the same as someone who never smoked.

To help someone you know or yourself you can get a “One Step at a Time: You Can Quit” guide as one of the many tools on the Smokers’ Helpline website.



1-866-366-3667 or SmokersHelpline.ca
 A trained quit coach is available to help you 24/7 by phone or online chat .

The Story of How I Retired from Smoking

I did not like how I felt when I woke up. My throat hurt, and I didn't feel good. I knew I needed to quit smoking. I quit before but would eventually have one or two while out socially, then back to my pack a day. However, this time I was determined to quit!

I told my doctor I was quitting. I had a goal to quit for a year then buy life insurance as a non-smoker for half the cost. I knew social events were my weakness. So, I waited until September to avoid the temptations of summer events. I stocked up on regular gum and totally changed my routine. I ate my lunch on my first break instead of my usual coffee & smoke. Then I used my long lunch break to relax by going on the internet. On my last break I would avoid going out with my smoke buddies and make a phone call instead, but it wasn't easy.

The first month I was very emotional as the nicotine left my system. I once found myself in tears for no reason. It was getting tough. I put an elastic band around my wrist and would snap it to tell myself “no” when craving arose. I remember seeing a person smoke my brand and how the blue ring around the cigarette appeared to glow. I found myself smoking in my dreams and worried I had failed, but woke up in relief that it was not real. I was glad I was getting over my addiction.

In spring, I started walking in the evenings with a friend and lost any temporary weight I had gained. I was feeling healthier and became a calmer person who felt less stress. Eventually I reached my goal of quitting for one full year and never smoked again. After a few more years, I had totally become a non-smoker, and I still feel calmer to this day. I had retired from smoking.

-Mr. Retired from Smoking over 10 years

This season “fall” in love with taking care of yourself. Speak to your doctor about ways you can maintain and improve your health.