

Your Guide to Diabetes Resources Under the IBEW Local 353 Benefit Plan

Nearly 1 in 10 Canadians aged 20 years and older has been diagnosed with diabetes. Diabetes is a disease in which your body either can't produce insulin or can't properly use the insulin it produces. There are three types of diabetes: Type 1, Type 2 and gestational diabetes. Did you know? While there have been advances in management to better support people living with all types of diabetes, there is still no cure for the more than 11.7 million people in Canada who are living with diabetes or prediabetes.

Raising awareness can encourage prevention and help us to look for symptoms and seek treatment. Symptoms of diabetes can include increased thirst, frequent urination, unexplained weight loss, and fatigue. If you experience any of these symptoms, make sure you consult a medical doctor for proper diagnosis and treatment. Managing diabetes involves a combination of medication, a healthy diet, regular exercise, and monitoring blood sugar levels.

Raising awareness is crucial to preventing the onset of this condition and helps those living with diabetes receive the support and resources they need. By educating ourselves and others, we can make a positive impact on those of us who are affected by diabetes. To learn more about diabetes visit the Diabetes Canada website at diabetes.ca. If you're currently diagnosed with pre-diabetes, or diabetes, here are four resources at your fingertips as members of the IBEW Local 353.

Member Assistance Program – Telus Health – 1-866-289-6749

You can find information about diabetes through your Member Assistance Program (MAP) Telus Health. Access your MAP 24/7 by phone 1-866-289-6749, on the app (look up Telus One Health at your app store) or on the web at one.telushealth.com. Username: canadalive | Password: telus1

Also, through Telus Health you have access to Nutrition Support Services available which can offer a holistic and proactive approach to your nutrition and wellness. Their professionals will help you make positive changes to your diet to address weight loss or gain, eating routines and support lifestyle changes.

Teladoc — 1-877-419-2378

If you have diabetes, make sure you know your treatment options with Teladoc Medical Experts. You can use their Personal Health Navigator service where they can answer general questions about diagnosis and management of your condition as well as resources such as information on dietitians in your area. You can also use Teladoc's Expert Medical Opinion service to review your diagnosis, medications, and treatment plan. Teladoc Medical Experts can help you get the right diagnosis, treatment and peace of mind for both type 1 and type 2 diabetes. If you're in doubt, it's best to call Teladoc — it's a service that is available 24 hours a day, seven days a week and is completely confidential. Call 1-877-419-2378 to speak with one of their experts. For more information visit www.teladoc.ca/canadalife.

Paramedical Benefits — Dietitian

As part of your IBEW Local 353 Benefit Plan, you have coverage for paramedical practitioners and registered Dietitians are covered. Coverage is to a maximum of \$2,500 per calendar year, per person for all practitioners combined. Reimbursement is limited to reasonable and customary charges. Paramedical practitioners must be registered with their regulatory or governing body in the province where services are provided. To find a Dietitian near you, you can use your Member Assistance Program or call Teladoc. Remember to verify that the dietitian you want to see is registered by visiting collegeofdietitians.org.

My Canada Life at Work – my.canadalifeatwork.com

If you're looking for additional resources to help manage your diabetes, visit Canada Life's website at my.canadalifeatwork.com, log in with your username and password. Select Wellness under the Resources tab to find articles and short videos on managing diabetes.



IBEW LOCAL 353
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B E N E F I T S I N F O R M A T I O N S T A T I O N

Questions?

We're here to help! You can email us at members@teibas.com or call us at 416-637-6789, toll-free: 1-800-267-0602.

Disclaimer: This brochure was prepared on behalf of the Trustees of the IBEW Local 353 Trust Funds. It provides summary factsheet information about the IBEW Local 353 benefit plans in plain language. This publication is not intended to provide advice. If there is any discrepancy between this document and the legal documents that govern the plans, the legal documents will apply. The Trustees expect to maintain these benefit plans indefinitely. However, they reserve the right to change or cancel any or all benefits under the Health and Welfare Plan.

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