

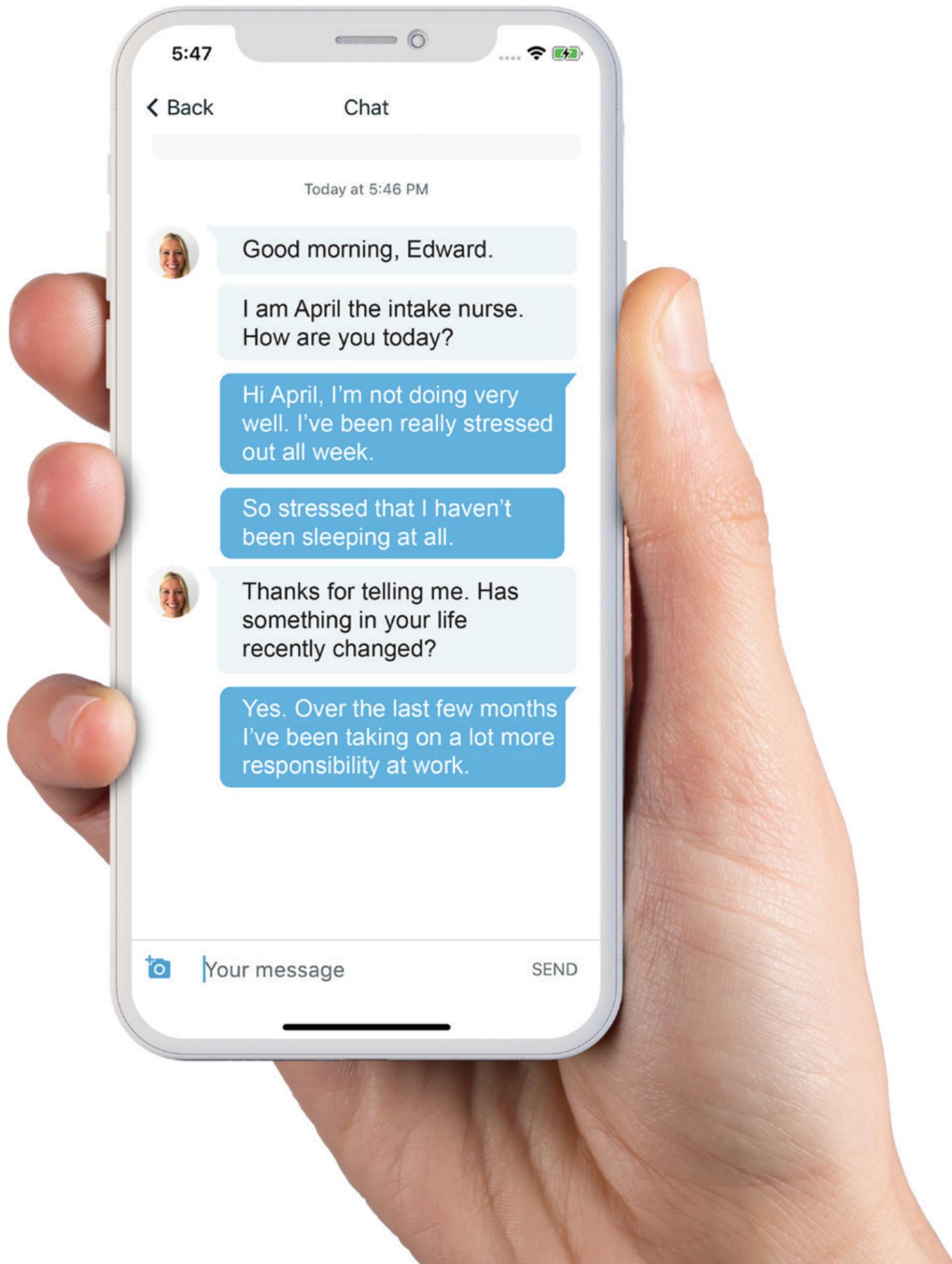
MAKING YOUR NEW YEAR'S
RESOLUTIONS STICK

medisys

PREVENTIVE HEALTH

Health. Lifestyle. Business.

- MAKE YOUR HEALTH A PRIORITY WITH VIRTUAL CARE
- READY TO EXERCISE MORE? TRY TIME SAVING WORKOUTS
- WANT TO EAT HEALTHIER THIS YEAR? MIND THE PORTIONS!
- HEALTHY SNACK: PUMPKIN SPICE BANANA MUFFINS



MAKE YOUR HEALTH A PRIORITY WITH VIRTUAL CARE

By Dr. Vivien Brown, VP Medical Affairs, Medisys Toronto

Today, a shocking 4.5 million Canadian residents don't have a family doctor. Even those who do have family doctors report not always being able to get an appointment with their doctors when needed. According to a 2016 Canadian Institute for Health Information survey, 20% of Canadians reported waiting 7 days or longer for an appointment to see their family doctor.

Similarly, 61% of family doctors surveyed reported not being able to accommodate same-day or next-day appointments for urgent care needs. As a result, simple health matters such as prescription renewals often wind up involving visits to crowded walk-in clinics, long waits in the emergency room, or even the decision to forgo medical care altogether. In the same Canadian Institute for Health Information survey, it was reported that nearly 40,000 Canadians visit the emergency room every year just to renew prescriptions - and typically wait over 4 hours to see a physician.

Long wait times, poor availability of after-hours care, and the inconvenience associated with travelling to and from doctors' offices lead many Canadians to prolong or avoid seeking medical care, which can result in serious negative health consequences. In a recent survey conducted by IPSOS, Canada's leading provider of public opinion research, 68% of Canadians surveyed reported having skipped a scheduled doctors' appointment or avoided seeing a doctor when they were sick because of long wait times, the inability to book appointments outside of normal work hours, and other barriers.

Until recent years, many Canadians tended to "save up" their list of non-emergency health questions or concerns for their

annual physical with their family doctor. However, due to increasing cost pressures on provincial healthcare systems in Canada, most provinces have completely eliminated coverage for annual physicals for healthy adults. This time-honored Canadian tradition of annual doctors' "check-ups" has been replaced with periodic medical exams for vulnerable patients, such as seniors and those with chronic diseases.

While the economic return on investment of annual physicals for healthy adults is the subject of much debate, one fact remains uncontested: addressing and treating health issues at their earliest possible stage improves health outcomes. In a survey of almost 800 family physicians published by the Journal of the American Medical Association, 74% of physicians felt that regular contact with a family doctor improved detection of subclinical illness. The alarming fact of the matter is that Canadians today are unable to receive the medical care that they need, when they need it, and that this lack of connection between Canadians and local medical providers could be contributing to serious and increasing stress on the health of Canadians as a whole.

Dr. Vivien Brown, a leading family physician and renowned advocate for women's health issues in Canada, believes that with the advent of virtual healthcare care apps like Medisys On-Demand - there is simply no excuse for delaying or avoiding medical advice. With virtual care, when you have a health question or concern, professional advice is at your fingertips. There is no travel, no wait times, and healthcare professionals are available to chat any time of the day or night.

For Dr. Brown, few things are more heartbreaking than hearing of a patient with a life-threatening condition that could have been easily treated had the patient sought medical advice and treatment earlier. "If your body is trying to tell you something, you should pay attention," says Dr. Brown. "What may seem like a common cold or the flu may actually be something more worrisome, such as tonsillitis, meningitis, strep throat, or pneumonia."

Virtual care makes it easier and more convenient than ever to have health questions answered by qualified, experienced professionals. "Questions about multiple prescriptions, side effects, and drug interactions are a really important area of need. With virtual care, patients can instantly double check medication instructions and stay on medications that are really integral to their optimum health," notes Dr. Brown. Convenient and instant access to professional medical advice means patients aren't self-diagnosing based on unreliable information they read online - which often results in undue stress, or inappropriate treatment.

HOW DO VIRTUAL CARE APPS WORK?

With Medisys On-Demand, patients connect with healthcare professionals through secure video-chat and text from their tablet or smartphone. Doctors and nurse practitioners can evaluate, diagnose and even treat patients through text, video, and telephone consults, without requiring an in-person

visit. Based on the available data, about 90% of issues can be resolved over an app without an in-person visit.

From an employer prospective, companies who offer virtual healthcare solutions to their employees report reduced absenteeism by having employees initiate healthcare earlier, before minor issues have the potential to become more serious health problems. Similarly, employees have access to medical support from the convenience of their desk or home office - potentially limiting hours of lost time in clinic or emergency waiting rooms.

Since launching the virtual healthcare service - Medisys On-Demand - about a year ago, Medisys has helped thousands of patients access virtual healthcare and saved them thousands of hours in wait times. For Medisys' corporate clients, that equates to countless hours of saved employee productivity. The world is evolving rapidly, and virtual healthcare is challenging the longstanding belief that quality healthcare needs to be confined to brick and mortar hospitals, clinics, and doctor's offices. "Virtual healthcare has a key role to play in the future of the Canadian healthcare landscape," believes Dr. Brown. Virtual care not only enables doctors to be more efficient, but it also empowers patients to be more proactive about their health, which means a healthier future for Canadians.

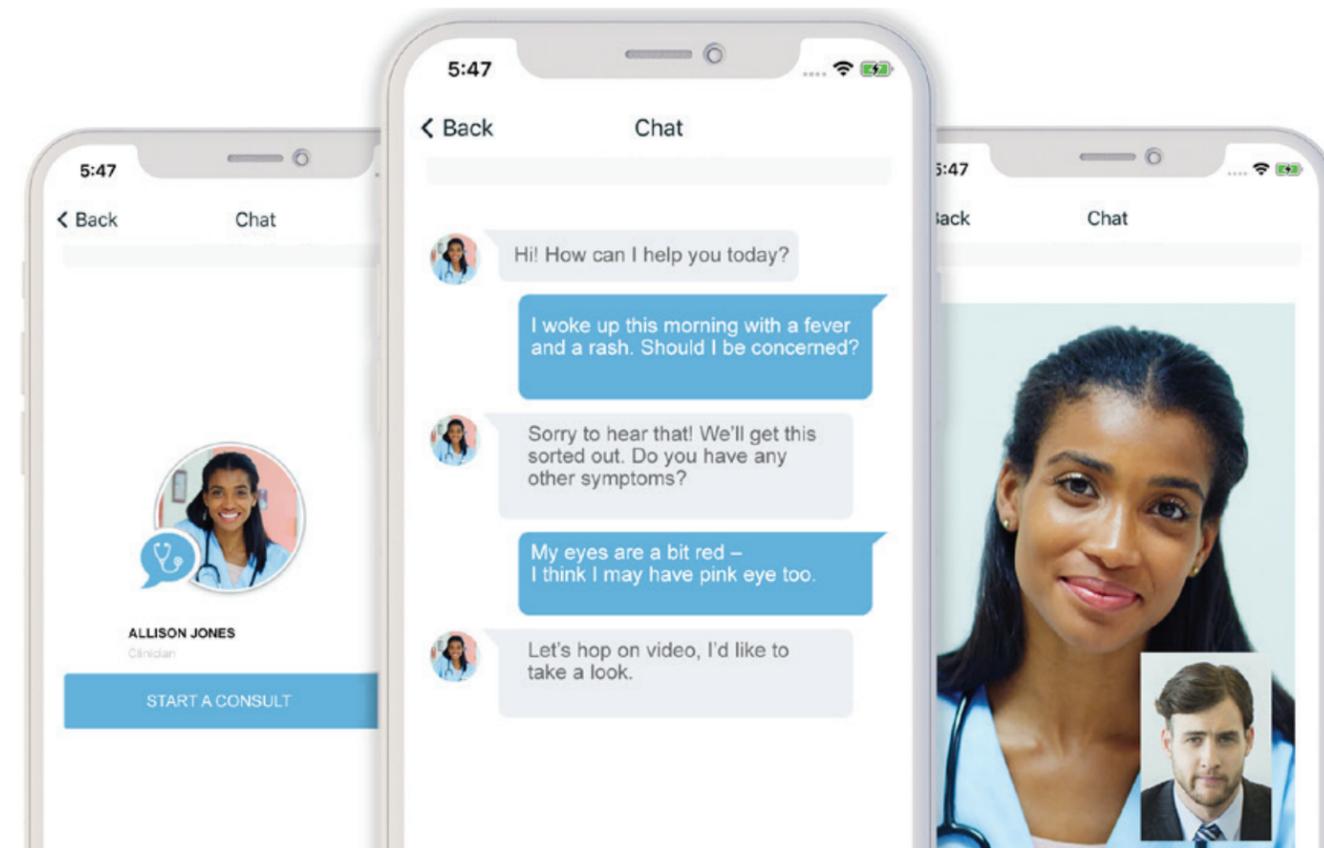
Contact us for more information about Medisys On-Demand, or discuss virtual care options with your company's Benefits Advisor.



medisys on-demand

Your year round, On-Demand employee healthcare solution

With Medisys On-Demand, 24/7 virtual health consultations and episodic care services are available for all employees and their family members, keeping your employees healthy, happy, and productive.



The Medisys On-Demand service includes:

- 24/7 text and video chat support from a team of healthcare practitioners
- Virtual prescription renewals, specialist referrals, and lab requisitions
- Complete and instant access to health records for consults over the app
- On-Demand virtual healthcare for employees and their family members

For more information, email us at corporatehealth@medisys.ca



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TIME SAVING WORKOUTS

By Jonathan Low, Exercise Physiologist, Medisys St. John's and Andrea Stokes, Registered Dietician, Definitions St. John's

Health is one of our most precious assets, and one of the areas where many of us vow to make lifestyle changes and improvements in the New Year. Unfortunately, few of us succeed in making those necessary changes until our health truly starts deteriorating.

Most of us want to make our health a priority but with our busy schedules, it can be a challenge to squeeze in a good workout. However, how much of your leisure time do

you spend staring at a screen, mindlessly flipping through channels or scrolling through social media posts?

No more excuses! This year, opt for quick and fun workouts that you can complete anywhere when you have a few spare moments! These workouts will burn off extra calories, strengthen your muscles and cardiovascular system, and help you manage stress!

TRIM-YOUR-TREE TABATA WORKOUT

This fast-paced workout can be done in about 25 minutes. Complete each circuit, rest for about a minute, then move on to the next. Tip: download a free Tabata timer app to guide you through the circuits.

WARM-UP: 1 MINUTE JOG IN PLACE

Circuit 1: Repeat 8 times		Circuit 2: Repeat 8 times		Circuit 3: Repeat 8 times	
Jump rope (or jumping jacks)	20 seconds fast	Bicycle crunches	20 seconds	Pushups	20 seconds
Rest	10 seconds	Rest	10 seconds	Rest	10 seconds
Circuit 4: Repeat 8 times		Optional Burn-Out Circuit: As many reps as you can (only one round, so push yourself!)			
Squat jumps	20 seconds	Mountain Climbers	Supermans		
Rest	10 seconds	Tricep Dips	Side plank rotations		

COOL-DOWN: LIGHT STRETCHING FOR A FEW MINUTES

DECK THE HALLS WORKOUT

Grab a deck of playing cards, place it face down in your workout space and turn on some upbeat music! Flip up a card and perform the exercise assigned to that suit for as many repetitions as the card number. Flip up the next card for your next exercise. There is no rest in this workout, but you are allowed to 'sit out' one card from each suit. If you have time, try to get through the whole deck. Otherwise, set a timer to get the most out of your workout.

WARM-UP: 2 MINUTES OF JUMPING JACKS

CARD SUITS:

-  Body Weight Squats
-  Bicycle Crunches
-  Mountain Climbers
-  Reverse Lunges (alternating legs)

COOL-DOWN:

2 minutes of jump rope or jumping jacks.

HOLIDAY TURKEY-TROUNCER WORKOUT

Perform each move in the list below as many times as you can for 50 seconds and then rest for 10 seconds. Move to the next exercise in the list. Do the exercises in the order outlined; that is one round. Rest for 1-2 minutes. Complete 3-5 rounds for extreme sweat and muscle building!

WORKOUT: REPEAT 3-4 TIMES

1. Jumping Jacks
2. Bridge-Ups (Hip thrust)
3. Reverse Lunge- Left leg
4. Reverse Lunge- Right leg
5. Bicycle Crunches
6. Supermans
7. Single-Leg Squats- Left leg
8. Single-Leg Squats- Right leg
9. Pushups
10. Plank

For more information on these and other exercise, email us at info@definitions.com.

OVEREATING: MIND THE PORTIONS



By the team of registered dietitians, Medisys Vancouver

DID YOU FIND YOURSELF OVER INDULGING DURING THE HOLIDAYS?

Don't feel badly about it; you now have time to get back on track. Maintaining a healthy diet is not only about what you eat, but also about how much you eat. A research from York University suggests most Canadians underestimate what constitutes one serving of meat, grains and fruits and

vegetables when using the Canada Food Guide. The Canada Food Guide can be used as a reference, but the quantity of food an individual should eat differs from one person to the next and depends on characteristics such as gender, size, age, level of activity, metabolism and more.

Supersized meal portions are heavily marketed particularly in North American culture. Serving sizes in restaurants and grocery stores have grown, and many people think that the amount of food in front of them is the right quantity. According to "Portion Size Me: Downsizing Our Consumption Norms," a study by Brian Wansink and Koert van Ittersum published in The Journal of the American Dietetic Association, large-sized offerings in supermarkets have increased 10-fold between 1970 and 2000, and the surface area of the average dinner plate has increased by 36% since 1960.

HERE ARE 8 STRATEGIES TO HELP YOU ADJUST YOUR PORTION SIZES AND AVOID SUCCUMBING TO THE TEMPTATION OF REFILLING YOUR PLATE:

- Leave the table as soon as eating is done.
- Eat enough throughout the day, including breakfast. 4 in 10 Canadians report not eating breakfast every day, and many people struggle with portions and choices at supper or in the evening because they haven't eaten enough throughout the day and feel deprived.
- Eat until you're no longer hungry rather than full (full = over-eaten). Another way to look at it is eat until you feel 80% full. Remember it takes about 20 minutes for you to feel "full". Give your body time.
- Take a portion of food from the container and place in bowl, then before eating it, put the container away. It's too easy to keep re-filling the bowl!
- Keep a food journal - this can be extremely insightful, even if done only for a few days (either on paper or online at Eatracker.ca, myfitnesspal.com, etc.). Focus on variety and balanced nutrition instead of counting calories.
- When eating with a group of people, serve yourself last. This way you're not done first, and tempted to keep eating while waiting for others.
- Learn to say no thank you. Love it or leave it!
- Make eating a single task activity. Eat sitting down at one designated place and turn off the TV, computer, phone and focus on enjoying your food. As often as possible, avoid multitasking with food and instead concentrate on enjoying your meal with focused attention.

Maintaining a healthy diet is all about awareness. Don't let your environment or marketing strategies influence you.

CHECK OUT THESE PROVOCATIVE FINDINGS ABOUT PORTION CONTROL OUTLINED IN RESEARCH FROM CORNELL UNIVERSITY'S BRIAN WANSINK AND HIS TEAM:

- Big servings. People who were given a big bucket of (stale) popcorn ate 34% more than people who got a smaller bucket.
- Fancy names. Cafeteria sales jumped by 27% when foods were given descriptive names like "Succulent Italian Seafood Filet" (instead of "Seafood Filet") or "Belgian Black Forest Cake" (instead of "Chocolate Cake").
- More variety, more calories. People ate about 40% more if they had a choice of candy that came in six different colors than if the candy came in four colors.
- Plate-ware matters. When people were served a brownie on a Wedgwood china plate, they rated its taste higher than when the brownie was served on a paper plate or napkin.
- Food on the table. Men ate about 29% more - and women about 10% more - if the serving dish was left on the table (rather than the counter).
- Who sets the pace? People ate more when they sat at a table with someone who ate quickly than with someone who ate slowly.
- How much did I eat? People ate fewer chicken wings if they could see the bones of the wings they'd already eaten than if the bones were whisked away.
- Healthy restaurant? People who believed that Subway meals were healthy underestimated the calories in Subway meals more than the calories in McDonald's meals.
- Health halo. If a bag of M&M's or trail mix was labeled "low-fat", people ate more than if the label didn't say "low-fat".

Change is tough, but with the right support, knowledge and confidence, you can make healthy lifestyle choices and look forward to remarkable results this year and for years to come. Our registered dietitians are available to help you reach your goals: weight management, lower cholesterol or blood pressure, emotional eating, etc. They can develop personalized strategies adapted to your lifestyle. [Click here](#) to learn more about our nutrition services or to book an appointment.



PUMPKIN SPICE BANANA MUFFINS



By the team of registered dietitians, Medisys Vancouver

These muffins freeze very well in a Ziplock and will last for about 3 months. Take them out as you need them. Pair with some raw veggie sticks and protein, such as a Greek yogurt cup or some cheese, to make a balanced lunch.

Makes: 12 muffins

Ingredients

- 2 bananas, mashed
- 2 eggs, lightly beaten
- 1/3 cup canola oil (or other light tasting oil)
- 1 1/3 cup pumpkin puree (you can use canned)
- 1 cup maple syrup
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 1 teaspoon allspice
- 1/4 cup pumpkin seeds

Directions

1. Preheat oven to 350° F
2. In a large bowl, combine bananas, eggs, oil, pumpkin and maple syrup
3. In another bowl combine flour, baking soda and powder, salt, cinnamon, ginger, nutmeg, allspice
4. Pour the flour mixture into the pumpkin mixture and stir until just combined
5. Scoop the batter into a muffin tray and sprinkle with pumpkin seeds
6. Bake for 25-30 minutes or until toothpick inserted into the middle comes out clean

Looking for more healthy recipes? [Click here](#) to download our free recipe guide, created by our team of registered dietitians.

Trouble settling back into your daily desk routine?

2019 DESK STRETCHING CALENDAR

JANUARY

1	2	3	4	5	6	7
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JULY

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DECEMBER

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TRY THESE SIMPLE STRETCHES:

NECK STRETCH
Gently bring your chin over your shoulder (as if you were looking behind you).
2x per side, hold for 20 seconds

TRAP STRETCH
With arms at your side, take turns dropping each of your ears to your shoulders. Try smiling while you do it; it will make it easier.
2x per side, hold for 30 seconds

LATS & SHOULDER STRETCH
Place feet shoulder-width apart behind a chair. At an arm's length, rest your hands on the top of the chair. Slide your arms further away from you as you slowly shift your hips back.
3x, hold for 20 seconds

WRIST EXTENSION STRETCH
Hold arms out in front of you. With help from your non-stretched hand, flex your wrist down towards the floor, and hold stretch. Then, with help from your non-stretched hand, extend wrist up towards the ceiling, and hold stretch.
3x per hand, hold for 30 seconds

QUAD STRETCH
With your hand, bring your heel to your gluteal muscle, gently pull. Use a desk or chair for balance.
2x per leg, hold for 30 seconds

ABDUCTOR AND GLUTE STRETCH
Keep your back straight and ab right; place your foot on the opposite knee. Bend forward and lightly push your knee to the ground, keeping your back straight.
1-2x per leg, hold for 20-30 seconds

THORACIC ROTATION STRETCH
Interlock your fingers in front of you with your arms bent and your elbows raised in the air at chest height. Lead with your elbow and rotate your torso to one side, trying to bring your elbow as far behind you as possible.
2x per side, hold for 20 seconds

HAMSTRING STRETCH
With one leg straight, lean forward to reach the front foot, keeping the back straight.
1-2x per leg, hold for 20-30 seconds

BENEFITS OF DESK STRETCHES:

- Increases Muscle Balance and Posture
- Improves Muscle Coordination

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Please note: The information provided by Medisys is educational in nature and not prescriptive. Medisys does not accept liability for any health condition as a result of its educational material. It is the individuals responsibility to make educated decisions and create their own course of action

Investing in your health with simple daily stretches can increase your range of motion, decrease chances of injury, and improve your health and overall productivity.

Download the Medisys Desk Stretches Calendar for your work station!



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