

May 19, 2021

To: Participating Employers / Human Resource Personnel / Union Partners

**From: Lorne Shiplack
Benefits Services Manager, Employee Benefits**

**Re: 2021 Spring Edition of the Employee Benefits Newsletter
3sHealth Employee Benefit Plans**

We are pleased to invite you to a virtual walk through of the spring edition of the Employee Benefits Newsletter on May 27 at 11:30 a.m. The Member's Annual Statement and newsletter will be mailed to plan members on May 31, 2021.

This year, the newsletter focuses on sharing information with our plan members about the "Self-Care is the Way There" contest. The contest is designed to encourage health care workers to keep self care top of mind and will run all summer long.

In addition, the newsletter provides information about vision and podiatry coverage, the amount of benefits paid from the Employee Benefit Plans in 2020, and EFAP and cognitive behaviour therapy.

Please join us by clicking on the link below to register. Please enter your first and last name as well as your email address that you want the meeting invite to automatically be sent to.

<https://skhealth.webex.com/skhealth/j.php?RGID=r76976bb40e75892568cfdb0efd44daef>

We look forward to sharing the spring newsletter information with you.

If you have additional questions about this bulletin, please call a Benefit Services Officer at 1.866.278.2301. You can also contact us by email at ebp@3shealth.ca.