

POSACTION Coverage extended to age 75

We are pleased to announce that POSACTION, the Chambers Plan's popular employee assistance program, has extended coverage to age 75 effective April 1st, 2006. POSACTION offers completely confidential short-term counseling for employees and their immediate family members, up to 12 hours per employee per year.

POSACTION has expert resources to help address many areas of concern, before they take a toll on personal or professional aspects of an individual's life. Since its inception, this benefit has provided support for:

- **personal concerns** (stress, fatigue, depression)
- **problems at work** (harassment, workplace trauma, exhaustion)
- **marital or family issues** (separation, divorce)
- **substance use** (alcohol, drug or medication)

Now, POSACTION also addresses these contemporary concerns, providing even greater support:

- **family legal problems** (matters of family law)
- **financial problems** (credit and debt management)
- **eldercare and childcare** (support for employees looking for services for a family member plus specific educational materials)

In every case, POSACTION works to give individuals prompt access to the appropriate professional resources, whether that's counseling or timely information. This kind of immediate support can help resolve issues that may be impacting the employee at home and on the job.

90% of people who used this benefit confirm that POSACTION delivered the support they hoped for and provided the tools they needed to resolve their concerns. 97% of the people surveyed in confidence by POSACTION indicated that they would use the service again if another situation presented itself. POSACTION services can not only reduce workplace absences, but help prevent them.

If you're concerned about employee absences and workplace performance, isn't it time to add POSACTION to your benefit program? For a nominal monthly amount, you can round out your coverage with this effective, contemporary benefit.

Manage Your Group Plan and Your Time with *my-benefits.ca*

my-benefits is a secure link for your company's authorized administrator, providing online information and services to firms with Chambers Plan coverage. You can administer your group plan instantly and directly – from adding employees to changing benefits. It's all at your fingertips, 24 hours a day.

Join the growing number of Chambers Plan firms enjoying the convenience and control this intuitive software provides, without any additional cost to your plan. To see what *my-benefits* can do for you, visit the sample software site at www.my-benefits.ca. Click **Log in now**. Enter **CHDEMO** under *User ID* and **DEMOIT** in *Password*. You'll see demonstration data to familiarize you with the site's layout and features plus instructions on how to get *my-benefits* for your firm.

Changes in Alberta to chiropractic and podiatry coverage

Just a reminder to all Alberta firms, that effective April 1st, 2006, your group plan Health coverage was enhanced to include chiropractic and podiatry expenses **from the first visit**.

You no longer have to satisfy your annual maximums with Alberta Health Care Insurance Plan, before submitting out of pocket expenses to the group plan for reimbursement.