



Health Prevention: What Health Tests Should My Family Doctor Order For Me?

Do you have a family history of heart disease? Are you concerned about your risk factors for other diseases? Preventive screening can lower your risk of illness and detect diseases earlier, increasing the chances of treating the condition successfully.

Taking the first steps toward preventive screening can be easy. Start by making an appointment with your family doctor. Since a doctor's time can be limited, make your appointment more effective by stating your concerns about which screening tests are appropriate for your risk factors. It may be helpful for you to have the following information prepared in advance of your appointment.

1. Any family history of illness.
2. All pre-existing health conditions that you have.
3. List all medications that you are taking such as over the counter medications, prescription drugs, vitamins, supplements and natural health products.
4. Any lifestyle variables such as dietary routine, physical activity level, daily stressors, alcohol use, drug use, smoking, etc.

Together, you and your doctor can discuss your personal and family medical history, as well as lifestyle factors, and discuss which screening tests are appropriate for you.

Continued on next page...



Learn more about common screening tests that can help you and your family stay healthy at **my-benefits health**. The Chambers Plan health and wellness website contains a comprehensive Canadian screening guide that helps you understand your health risk factors, and covers the most common illnesses in Canada including heart disease, cancer, and diabetes among others.

The screenshot shows the 'my-benefits health' website interface. At the top, there is a navigation bar with links for Home, Canadian Health Care Guide, Health & Wellness (highlighted), Health Services Directory, and Health Options. Below this is a secondary navigation bar with links for Health News, Health Channels, Screening Guide (highlighted), Condition Information, and Medication Information. The main content area features a 'CANADIAN HEALTH SCREENING GUIDE' section with the subtitle 'General guidelines for adults age 18 and up'. A central image shows a woman holding a sign that reads 'My mom has heart disease. How can I lower my risk?'. To the right of the image is a section titled 'Check which tests apply to you' with text explaining the purpose of preventive screening and a 'Submit' button. The page is powered by Novus Health and includes a footer with the Johnston Group logo and contact information.

You can have access to the Chambers Plan wellness site through **my-benefits.ca**. The wellness site contains tools, information, and resources needed to navigate the health care system, giving you access to trusted health information, whenever you need it.

If you're not signed up, please register now by going to **www.my-benefits.ca**. Click on **Sign me up** from the top menu and select **I am a plan member (employee)**. Verify your identity, choose your own user ID, and your registration is complete. You will have immediate access to your secured my-benefits site.

It's that simple. Register today! If you have any questions about your registration, call 1 800 665-3365 and our Service Centre representatives are ready to help you.



582 King Edward St., Winnipeg, MB R3H 0P1
TF: 1 800 665-3365 | TF FAX: 1 800 457-8410
In Winnipeg P: 774-6677 | F: 774-6698
www.chambers.ca