



# P.E.T.L. HEALTH MATTERS



Volume 5: Issue 1

Fall 2006

## For Your Information

### Claims Deadline for 2005/06 Benefit Year

Just a reminder that November 30, 2006 is the deadline for Great West Life to receive claims and receipts from the 2005-06 benefits year (September 1, 2005 – August 31, 2006).



### Member Services Manager:

The Local is pleased to announce the hiring of Anne Lorimer for the new position of Member Services Manager. This new position was created as a result of the growth of our membership and a demand for member services. Anne is responsible for providing support, information and advocating for teachers in the area of long-term disability and workplace accommodation; providing information and support with maternity provisions and issues; guiding teachers through and supporting them in the retirement process; and providing information and support with WSIB.

### Why Contact PETL Within the First 20 Days of Absence?

It is beneficial to a member to contact Anne Lorimer at the Local within the first 20 days of absence from work. This allows Anne to support members by:

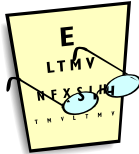


- advising the member of the appropriate submission of medical information to the Board;
- assisting the member in understanding how sick leave, employment insurance disability benefits, and LTD are integrated, especially for teachers with less than 100 sick days;
- engaging the OTIP Early Intervention services to the benefit of the member;
- reducing the chance of a member being in an overpayment situation with the Board;
- reducing the impact of the changes in income for disabled members by allowing them to plan and be informed.

## Important Reminders

### Predeterminations:

It is recommended that before making any large claims to the plan, members seek a predetermination to confirm the portion, if any, for which they will be responsible.



### Increases to Vision Care Coverage

As reported in the Summer 2006 issue, vision care and eye exam coverage has increased as of September 1, 2006.

1. Vision care (glasses, contact lenses, laser eye) coverage has increased from \$200 per 24 consecutive month period to \$250 per 24 consecutive month period.
2. Laser eye surgery may be covered as part of the \$250 vision care allowance.
3. Eye exam coverage has increased from \$25 to \$50 every two benefit year period.

### Overage Dependent Coverage:

In June, a letter was sent out to all members whose overage dependent(s) were enrolled in post secondary institutions during the 2005/06 school year. Members must complete the overage dependent form by September 30<sup>th</sup> **each year** that their child/children are attending an accredited secondary or post-secondary institution. If your overage dependent(s) is still attending a post secondary institution and you have not yet completed and sent in the form(s) to D&R Insurance, please do so as soon as possible. Failure to do so will result in suspension of the dependent's coverage until such forms are received.



### Publications for Members On Leave:

Keep informed while you are on leave! Present and past issues of the Local's publications (Local Link, Peel Passages, Health Matters) are available to all PETL members on the Local's website, [www.etfopeel.com](http://www.etfopeel.com).



### **For information about the PETL Benefits Plan, contact D&R Insurance:**

Manuel Ruiz at 905-819-9699 Email: [petl@drinsurance.ca](mailto:petl@drinsurance.ca) (Fax: 905-819-9956)

### **For information about a specific claim or pre-determination for services, contact GWL:**

Great-West Call Centre at 1-800-263-5742

### **For LTD-related questions, contact OTIP:**

Eric Wilson at 1-866-486-6847

### **For information about retirement and leaves of absence, contact the PETL office:**

Anne Lorimer at 905-564-7233 Email: [anne@etfopeel.com](mailto:anne@etfopeel.com)

Questions about Health Matters can be directed to Suzanne Gill at [treasurer@etfopeel.com](mailto:treasurer@etfopeel.com)



**Responsible usage of benefits ensures sustainability of our plan.**



## MEMBERS WANTED TO KNOW...

# All about Influenza



### What is influenza (flu)?

Influenza (commonly known as "the flu") is a serious respiratory infection that is caused by the influenza virus. The flu is spread easily through coughing, sneezing or through touching contaminated surfaces or objects like unwashed hands, toys and eating utensils. The flu can be prevented by getting the flu vaccine every year and by practicing good hand washing.

People of any age can get the flu. Illness due to influenza usually lasts two to seven days; sometimes longer in the elderly and in people with chronic diseases. Most people who get influenza are ill for only a few days. However, some people can become very ill, possibly developing complications and requiring hospitalization.

### What are the symptoms of the flu?

Influenza is a respiratory illness. Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can have additional gastrointestinal symptoms, such as nausea, vomiting, and diarrhea, but these symptoms are uncommon in adults. Although the term "stomach flu" is sometimes used to describe vomiting, nausea, or diarrhea, these illnesses are caused by certain other viruses, bacteria, or possibly parasites, and are rarely related to influenza.

### Preventing the Flu:

#### 1. Get Vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines, the "flu shot" and the nasal-spray flu vaccine.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

#### 2. Washing Your Hands

Thorough hand washing will help prevent the spread of influenza, as well as other bacteria and viruses.

### Facts about the Flu Vaccine:

The vaccine is voluntary and available free of charge. It is effective in preventing the flu. Although the vaccine contains part of the actual flu virus, the virus is dead and cannot give you the flu. The viruses that cause the flu change often, and because of this, flu vaccines are updated annually. People should be vaccinated to protect themselves, their families and their community.

Influenza is much worse than a cold. Even healthy, young people can become quite ill. You might bring the influenza virus home to a baby, older relative, or someone with a medical condition who could develop serious complications from influenza.

### Where can you get a FREE flu shot?

- During November, December, and January, the Region of Peel is holding 23 flu vaccination clinics in Caledon, Mississauga, and Brampton for individuals over the age of one year. For more information check out the Peel Health website:

**<http://www.region.peel.on.ca/flu/clinics/>**

- The Peel Board is running a clinic at the Central Board Office (5650 Hurontario St.) on December 1, 2006 from 9:15 a.m. – 11:30 a.m.

