

# HEALTH REPORT

by Audrey Neumann

In June 2010 Larry Hunt and I attended the District/Unit Health workshop in Toronto, which as always was full of up-dates and changes to enhance our Health Plans.

Of special interest was the session on our out of Province/Canada travel plan services now delivered by Mondial Assistance. Whilst you are no doubt aware these include Emergency Medical expenses and Trip cancellation/delay. Here are some lesser-known services available to you.

## **Pre-Trip Assistance.**

Pertinent travel information prior to leaving e.g. required shots or visa requirements

Emergency Messages Centre. Provides emergency communication assistance with family and friends back in Canada.

Emergency Translation Services.

The strong global network of providers includes local health affiliates worldwide who are available to ensure that your care is managed appropriately.

Always review the terms of the RTO/ERO out of province/Canada travel benefits before you travel.

When making claims under the travel plan proof of departure is required for all insured persons not just the member. These include traditional forms i.e. boarding pass /passport but also a receipt such as duty free receipt or currency exchange slip may be used.

The proof must meet 3 criteria:

- 1) Identify you - show name with signature.
- 2) Specify date.
- 3) Indicate transaction took place in your province of residence.

Remember to keep all bills you incur including phone bills.

**Guest Speaker was Dr. Fred Hue.**

He was born in Hong-Kong and now resides in Toronto.

He practices an idealized blend of integrative medicine. His encyclopedic knowledge in allopathic medicine, naturopathic, osteopathic and oriental medicine gave him a respectable reputation both nationally and internationally. His topic was "How to maintain and improve your memory."

He divided memory into:

- a) Secondary input - e.g. your phone number.
- b) Short-term memory - not maintained for more than 30 minutes.
- c) Long term - requiring something in common to retain over time.

He concentrated on(c) and engaged us in some techniques such as the sequencing method –

remember the grocery list game in elementary school?

His philosophy is that while many patients are helped by western medicine there are some

conditions that often respond better to Chinese medicine e.g. many kinds of headaches,

muscular-skeletal disorders such as tendonitis or back or neck pain.

He states "I see myself as a bridge – I was born Chinese and planted in Canada -. I would like to be a resource for other physicians, and I would like to see young graduating physicians develop an interest in this combination of Chinese/Western medicine.

An excellent presentation

By this time you will have received the Summer 2010 Renaissance magazine, "The Health and Wellness issue. It is full of interesting and informative articles. You can also find Health report Info and articles on health related matters on the RTO/ERO web-site members only section - [www.rto-ero.org](http://www.rto-ero.org) in a tabloid format entitled "Health Matters" produced by RTO/ERO health services committee following each of their meetings.

If you require assistance or more information feel free to contact either:

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