

Benefits news

Winter 2023

Consult+ Free Virtual Health Care Available to Part-Time Team Members and Family Members

With Consult+, you have 24/7 access to non-urgent medical care, with service in both English and French. Michaels provides Consult+ at no cost to you and is available to all part-time Team Members and their families.

Consult+ is health care you can access through an app or website. It lets you communicate with doctors, nurses or other health care professionals for non-urgent medical care. You can use it anywhere you're comfortable via phone call, video or chat.

Simply open the Consult+ app or log on to the mycanadalifeatwork.com website. If you don't have an online account already you'll need to register first before you can access Consult+. Click the "Register" button to create your account. Consult+ is health care that is available to you 24/7 from anywhere.

Use Consult+ to:

- * Talk to a qualified healthcare professional about a wide range of concerns - anything from allergies to pink eye to UTIs
- * Access self-led therapy for mild and moderate depression and anxiety.

- * Get referrals for lab work or to see a specialist if necessary.
- * Ask general questions about your well-being.
- * Certain prescriptions or refills written can be sent to your pharmacy electronically.
- * Find other health services like dietitians, psychologists or life coaches.

Learn more about Consult+ on Canada.MIKBenefits.com.



Helping You Design the Coverage That's Right for You

The benefits information you need is always just a click away on Canada.MIKBenefits.com or use this QR code. If you still have questions, call Team Member Services at 1-855-432-MIKE (6453).



Workday Changes to Your Benefits

If you experience a qualifying life event, you have 30 days to make changes to your benefits. Examples include getting married or divorced, having or adopting a child, or death of a dependant.

Log in to Workday to make changes to your benefits. Changes you make must be consistent with the event. Learn more about [qualifying life events](https://Canada.MIKBenefits.com) on Canada.MIKBenefits.com.

More benefits news on next page

VISIT US ONLINE AT Canada.MIKBenefits.com

Michael's
Everything to create anything™

Flu Season Is Here

Most people who are six months of age and older should get a flu shot during every flu season.

How can you help prevent the flu from spreading?

- * Get a flu shot every year.
- * Avoid close contact with people who are sick.
- * If you are sick, limit contact with others.
- * Wash your hands often.
- * Cover your nose and mouth when you cough or sneeze.
- * Clean and disinfect surfaces and objects that may be contaminated.



Did you know?

- * 2 weeks — Time it takes after vaccination for an adult to develop disease-fighting antibodies against the flu.
- * 1 to 4 days — Typical time it takes for symptoms to show up once you've caught the virus. Adults can be contagious from the day before symptoms begin through 5 to 10 days after the illness starts.

Source: webmd.com/cold-and-flu/flu-statistics

Michaels CARES

Michaels CARES is a charity funded by the company and voluntary contributions from Michaels Team Members, provides short-term financial assistance to Team Members who experience unforeseen emergencies or hardships. You can find an application and more information at canada.mikbenefits.com/michaels-cares.

EAP Resources to Manage Holiday Stress

The Michaels Employee Assistance Program (EAP) offers short-term professional counselling and local resources for emotional, physical or practical needs. Michaels provides the EAP at no cost to you, and you can reach this valuable resource by phone, web, email or SMS text.

Toll-free call: 877-847-4525

Receive a call back: +1 416-956-2979

Email: support@resourcesforyourlife.com

Website: www.resourcesforliving.com
(username: Michaels Canada; password: employee)

SMS text: +1 647-624-2840

Learn more about the EAP in the Benefits Extras section of Canada.MIKBenefits.com.



Important – Confirm Your Information in Workday

Tax season is just around the corner and we want to make sure your T4 is sent to the right address. Log into Workday and review your address to make sure it's correct.

It's also a good idea to review all your personal information in Workday regularly. We send weekly files to Canada Life and updated information will help ensure you don't miss important information throughout the year.

Lastly, Michaels sends important news about your benefits via text and email messages, so please confirm that your cell phone number and personal email address are up to date in Workday.