

THINK act be healthy



Are you concerned about your Medications? Do you know what each of your Medications are used for? If you have questions - We've got Solutions! Our PROfile Programs offer you 3 distinct Medication Reviews

- **Level 1** - Your Medications, WHAT you take, WHY you take it, HOW to take it
- **Level 2** - Benefits of Level 1 PLUS Specific Disease Care Plans
- **Level 3** - Comprehensive evaluation, review, assessment and explanation of your Medications as well as Physician Follow-up

Book Your Medication Review Today!

Your PROfile Pharmacist is here to help with a PROfile Program that is right for YOU!

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Boosting Vitamins and Minerals

You need vitamins and minerals to stay healthy. If you don't get enough, you may develop deficiency symptoms. Eating a variety of foods from Canada's Food Guide will give you most of the vitamins and minerals you need and provides more benefits than taking supplements.

- Choose at least one dark green and one orange vegetable each day.
- Have orange fruit like apricots, peaches, cantaloupe or mango.
- Make at least half of your Grain Products whole grain each day.
- Drink 2 cups (500 ml) of milk or fortified soy beverage every day.
- Eat 2 food guide servings of fish each week.
- Add legumes to salads, soups or pasta sauces.
- Use hummus as a dip or sandwich spread.
- Snack on nuts and seeds.
- Use 2-3 tbsp of unsaturated fat every day. Choose soft margarines, vegetable oils, salad dressing or mayonnaise.

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Body & Mind

The Sunshine Vitamin!

Vitamin D helps the body absorb calcium and reduce bone loss. Ten per cent - or roughly three million - Canadians don't get enough vitamin D. The sun provides a sufficient amount in the spring and summer but supplementation may be necessary in the fall and winter months - vitamin D tablets, oily fish, and fortified foods are all good sources.

Source: <http://www.cbc.ca/health/story/2008/05/16/f-health-vitamin-d.html>

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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