

## National Employee Benefits Day

### Let the celebrations begin!

**T**oday is **National Employee Benefits Day**. This year's focus is on healthcare literacy: the ability to read, understand and act on medical information.

### DO YOUR EMPLOYEES KNOW...

Between **30% and 40% of people who take prescription medication in Canada do so improperly** (not taking enough of a drug, taking too much, not filling a prescription, discontinuing use early, and not taking a drug as prescribed, such

as on an empty stomach or with alcohol). This **costs Canada's healthcare system \$7 billion to \$9 billion** annually for hospitalization, medical visits, interventions and homecare. Indirect costs, (ie. lost productivity) which mostly affect employers are \$3.53 billion to \$4.49 billion.

You can do something about this issue by implementing **educational outreach programs** and by **tailoring communications** to the specific health needs of your workforce.

Source: Robyn Tamblyn, associate professor in the department of epidemiology at McGill University in Montreal