

Members' Digest

Highlights

The Shift that Changes Outcomes

Member Story - Early Intervention Improved Seasonal Health

Why Proactive Care Changes the Outcome

Platform Update: Introducing MemberOS

About MembersHealth



Entering Spring with Proactive Care

Supporting Sustainable Health Amid Seasonal Strain

Spring is more than a change in season; it's a natural moment to reset and refocus on your health. Across healthcare systems, much of the focus remains on managing conditions after they've progressed, yet many begin quietly, developing over time before symptoms disrupt daily life.

Members Health is built to shift care earlier, helping you recognize signals, take timely action, and support long-term wellbeing.

This month, we're highlighting spring allergies, proactive screening, and how Signature Solutions can help build lasting health resilience.

The Shift that Changes Outcomes

Why Proactive Care Matters Now

Healthcare systems globally are shifting toward more personalized, preventative care, supported by data and coordinated oversight, yet most spending still focuses on managing conditions after they've progressed, despite chronic disease driving the majority of costs.

Many of these conditions develop over years, leaving a critical window for earlier detection and intervention that often goes underutilized.

Mounting Pressures Across the System

Healthcare systems are facing sustained and growing pressure, with cost and complexity accelerating across key areas.

- **Prescription drug spending is increasing**, with public plans rising 7.4% year-over-year and a small percentage of patients driving a disproportionate share of high-cost treatments
(Patented Medicine Prices Review Board)
- **Chronic diseases and related conditions cost the Canadian economy ~\$190 billion annually, including:** \$68 billion in direct healthcare costs and \$122 billion in lost productivity and indirect costs
(Health Canada and the Public Health Agency of Canada)
- **At a system level, total healthcare spending now approaches \$400 billion annually in Canada**, consuming over 12% of GDP and continuing to outpace economic growth
(National Health Expenditure Trends)

Start Earlier. Change the Outcome.

Members Health shifts care upstream, identifying risks earlier and guiding timely, physician-led intervention.

This approach enables more personalized treatment, reduces reliance on high-cost care, and improves continuity through structured follow-up. Rather than replacing existing systems, it strengthens them, supporting individuals sooner and helping organizations build healthier, more resilient populations.

Member Story

Early Intervention Improved Seasonal Health

For one union member, spring had become a predictable challenge.

“Every year, it was the same cycle, breathing issues, poor sleep, and missed days at work. It started to feel like something I just had to live with.”

After completing Discovery+ screening and working through physician-guided follow-ups, the root causes became clearer. Environmental triggers were identified, and a more tailored treatment plan was put in place.

“With the right plan and support, things changed. I wasn’t just reacting anymore, I felt in control.”

The results were noticeable:

- Better sleep
- Fewer flare-ups
- Less time missed from work
- Greater confidence managing seasonal triggers

Proactive care may not always be visible, but for many, it changes everything.

Physician Commentary

Dr. Powers, Members Health Physician

“Allergies are often treated as short-term inconveniences. In reality, they provide insight into immune patterns and environmental exposures that can affect long-term respiratory health.

Through proactive screening and structured follow-up, we are not just treating symptoms; we are managing trajectories.

When care is personalized, coordinated, and monitored, patients feel supported rather than reactive.

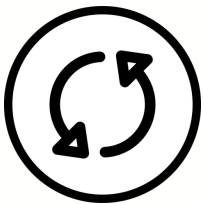
Proactive care restores clarity and control.”

Why Proactive Care Changes the Outcome

Reactive care treats symptoms once they interfere. Proactive care intervenes before the cycle escalates. Managing seasonal inflammation can significantly improve overall well-being. When inflammation is controlled, stress stabilizes, sleep improves, and resilience returns, leading to better focus, energy, and productivity.

Mental health is not only emotional; it is biological. Taking a proactive approach to allergy management can help protect both physical and mental health before symptoms escalate.

Members Health Signature Solutions Help Break the Cycle Through:



- Discovery+ Screening identifying inflammation and triggers early
- Physician-led assessment ensuring proper medication selection
- Medication adherence management improving treatment effectiveness
- Structured follow-ups preventing relapse during peak allergy season

Take Action Early

Members Health encourages members to take small proactive steps this season:

- Participate in Discovery+ screening opportunities
- Monitor seasonal health changes early
- Discuss symptoms with a physician before they escalate
- Use care navigation support when needed



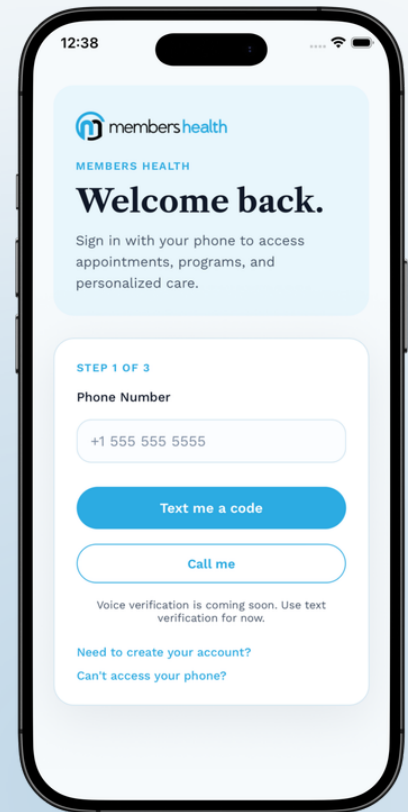
Platform Update: Introducing MemberOS

A simpler, faster and more secure way to connect with your care team

Delivering proactive care requires more than clinical insight; it requires reliable infrastructure.

That's why we're introducing MemberOS, an enhanced MembersHealth app experience designed to improve performance, strengthen the connection between members and care teams, and support continuous innovation.

Starting **June 1st, 2026**, the app will transition to this upgraded platform.



What's New

A More Reliable Mobile Experience

Improved stability and consistency across devices, informed directly by client feedback.

Enhanced Performance

Faster load times and more seamless navigation to support everyday use.

A Platform Built to Evolve

Enables more responsive updates and continuous improvements based on your organization's needs.

What this means for you:

- No action is required—the upgrade will occur automatically.
- No disruption to your services or member experience.
- Your web and call center experiences remain unchanged.

This evolution reflects our ongoing commitment to listening, responding, and delivering a more dependable, future-ready healthcare experience for you and your members.

Learn more on the [Member OS website](#)

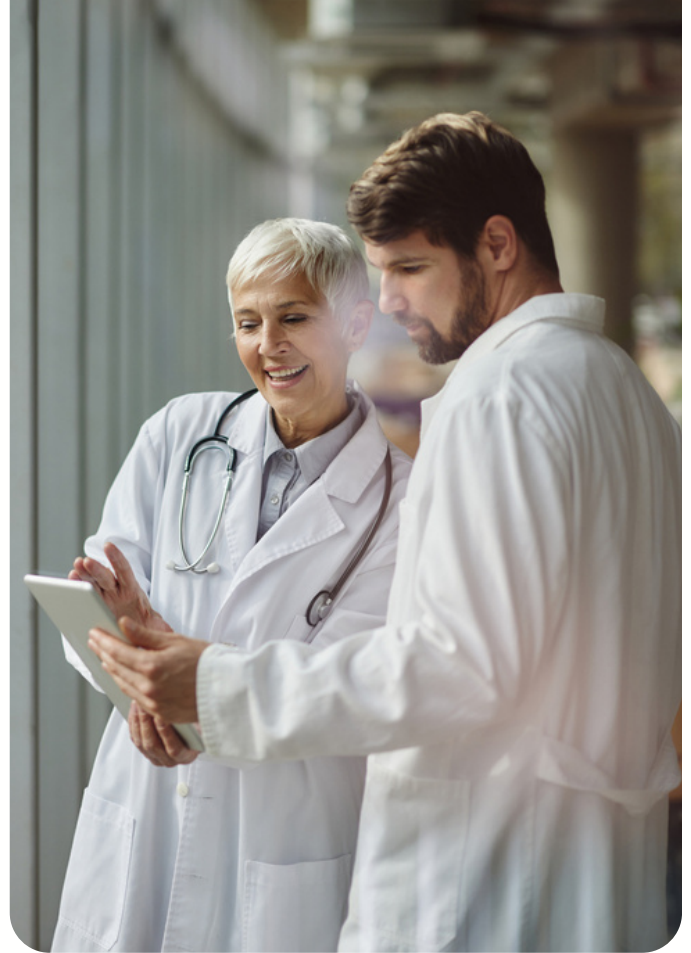
Explore detailed resources and guidance to support a smooth and confident transition.

About MembersHealth

MembersHealth is a physician-led Proactive Care Infrastructure designed to support early detection, coordinated care pathways, and long-term health stability.

The model focuses on helping members access care earlier, strengthening coordination between physicians, treatments, and follow-up support.

One of the ways MembersHealth delivers this proactive approach is through programs offered within the MembersHealth Academy.



Through programs such as Discovery+ and Signature Solutions, members receive:



- Proactive screening and early risk identification
- Physician-guided care plans
- Medication continuity support
- Coordinated follow-up care
- Navigation through complex healthcare systems

*Members Health does not replace existing care providers.
It strengthens them by helping members access care earlier and more consistently.*

Prioritize Your Health Today

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This newsletter provides information only and is not a substitute for professional healthcare advice. We highly recommend individuals facing any health concerns, including symptoms related to mental well-being, to seek advice from their healthcare practitioner.