

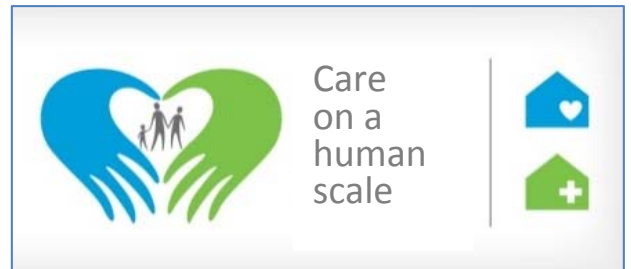
THINK OUTSIDE THE BOX
 Vision. Progress. Action.

Think outside the box as of February 20!

On February 18th the FIQ presented the theme for the 10th Convention of the FIQ, Think outside the box, which will take place April 7 to 11, 2014. With the goal of letting you influence the major orientations of your organization, you will be

of February 20 through preconvention general assemblies in the various health institutions. Check the union bulletin boards and don't miss out on this opportunity to take part in the debates and to participate in the decisions!

On the same day, the FIQ also launched its *For care on a human scale* campaign. Focusing on creativity, energy and the nursing and cardio-respiratory healthcare professionals, the FIQ is proposing neighbourhood clinics and small homes for seniors. Because being sick or aging can be done with humanity!



To find out more: <http://sortonsducadre.info/echelle-humaine/?langue=en>



Towards well-being at work or bringing an end to violence!

For many years, the FIQ has looked at all the factors affecting the working and health conditions of the healthcare professionals. As regards violence in the workplace, the FIQ has always been a pioneer with the women's movement. It is publishing a new policy, *Towards well-being at work, a policy for fighting against violence*, that should enable members and union representatives to better understand the phenomenon of violence and thus correct it. Don't hesitate to go get this new policy in your local union office.

Are you able to balance work and family?

The FIQ wants to know about your difficulties when it comes to balancing work and family. In fact, international research has highlighted that an imbalance between private and professional life increases stress, a deterioration in the climate at work, and generates demobilization in employees. However, there are few or no studies in the health care field and in particular for healthcare professionals on this subject. From February 24 to April 30, 2014, data will be collected from the healthcare professionals. You can participate in this research through an online questionnaire and an interview. Don't hesitate to contact your union or the FIQ website to find out more, because the results of this research will be used in the reflections on the negotiations for the next collective agreement.



INSURANCE

Did you know that you now have access to a wealth of information on your insurance plan and can manage your file on line? Make a claim, consult your health benefits file, get statements for income tax credits, etc., with just a few clicks of the mouse.

The link for the Desjardins site (click on the English option):

<http://www.desjardinsassurancevie.com/fr/regimes-collectifs/regimes-assurance-collective/pages/regimes-assurance-collective.aspx>

We are interested in your comments, follow the FIQ:

- Website: www.fiqsante.qc.ca
- Facebook page: www.facebook.com/FIQSante
- Twitter account: www.twitter.com/FIQSante