

Vitamin D Supplements

Cost: about \$2.40 per month

Vitamin D supplements are a low cost way to help reduce your risk for falls and injury from falls.

The most common form of vitamin D supplement is vitamin D3 which comes from an animal source.

An option for vegans is vitamin D2 supplement.

First Nations Health Benefits

Did you know that vitamin D supplements are covered under some health plans such as the First Nations and Inuit non- insured health benefits?

For help getting covered for benefits call to speak with a health benefits navigator.

Southern Chiefs Organization Inc.

1 – 866 – 876 – 9701

MOVE your body
IMPROVE your health
REMOVE hazards and obstacles

Talk to your primary care provider about reducing your risk for falls.

Do you need a family doctor?

The **Manitoba's Family Doctor Finder** program can help you find one.

Phone: 1-866-690-8260

Online:
www.manitoba.ca/familydoctorfinder

For more information on staying on your feet and preventing falls visit:

www.preventfalls.ca



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Everyone is at risk to fall...

Importance of Vitamin D



MOVE
IMPROVE
REMOVE
to help prevent falls

www.prairiemountainhealth.ca



ARE THE LEADING CAUSE
OF INJURY IN PRAIRIE
MOUNTAIN HEALTH.

1 out of 3

Canadians over the age of 65

1 out of 2

Canadians over the age of 80
will fall at least once a year.

Falls are not a
normal part of aging.

Most **FALLS** can be prevented!

**Falls often happen because
of a number of risk factors
such as:**

LOW VITAMIN D

People living within Prairie
Mountain Health do not get
enough vitamin D from the sun
and food sources.

Vitamin D is needed for:

- Bone and teeth health
- Muscle strength
- Fighting infections

Vitamin D may:

- Reduce risk of falls and
injury from falls
- Help improve mood
- Reduce risk of cancer,
depression and heart
disease

To help you stay on your feet:

- Eat foods high in vitamin D
such as salmon, tuna and
eggs.
- Choose drinks that have
vitamin D added such as milk,
rice and soy drinks.

Prairie Mountain Health suggests:

**All healthy full term babies 0-12
months take daily 400IU vitamin D
drops.**

**All healthy people age one and
over take a daily 800 – 1000 IU
vitamin D supplement.**

*People with medical conditions or
taking medication should talk to
their healthcare team before taking
vitamin D.*