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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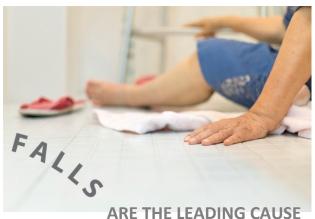
Everyone is at risk to fall...

Importance of Vitamin D



IMPROVE
REMOVE
to help prevent falls

www.prairiemountainhealth.ca



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.