



Meet

Andrew Pompilio

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For Andrew, improving his health is not about chasing numbers, but how he feels on the inside.

Andrew Pompilio leads an active life as a Senior Manufacturing Process Engineer at Tycos Tool and Die in Ontario, Canada. He exercises regularly, makes healthy home-cooked meals, and has spent years playing soccer. Staying active has always been part of who he is.

But one morning, his perspective shifted.

After a night out dining with his family, Andrew woke up feeling off. When he stepped on the scale, the number confirmed what he had already suspected – he was gaining weight...again.

Having experienced cycles of losing weight and gaining it back, he decided something needed to change for good.

To help him along the way, Andrew turned to technology. He began by using artificial intelligence tools, such as Gemini and ChatGPT, to better understand how many calories he should eat each day. By factoring in his personal details and activity levels, he found a clear target for sustainable weight loss. From there, he introduced

practical technology into his routine. He used apps to track his workouts and his meals, which helped him ensure he was exercising effectively and controlling his portion sizes and calorie intake. Through the additional use of his smart watch and his Samsung Health account, he was able to see his progress all in one place.

“My weight and body fat percentage decreased, but I also felt lighter, both physically and mentally, felt more optimistic, and noticed improved energy.”

With so much data at his fingertips, Andrew made a conscious effort to approach it with the right mindset. He was careful not to become fixated on the numbers. Instead, he focused on how he felt, with the data serving as a check-in point.

“How I feel is the main character, and the data points are the supporting actors.”

Andrew acknowledges that health information can be overwhelming. Meeting routinely with a registered health practitioner, like his doctor, was a helpful way to make sense of the data and his overall health. Above all, he credits his support system for his success.

“My wife has been a very positive influence. Never mind the technology, I would not have been successful without the people in my life who support and push me. Now I am trying to be that support for other people.”

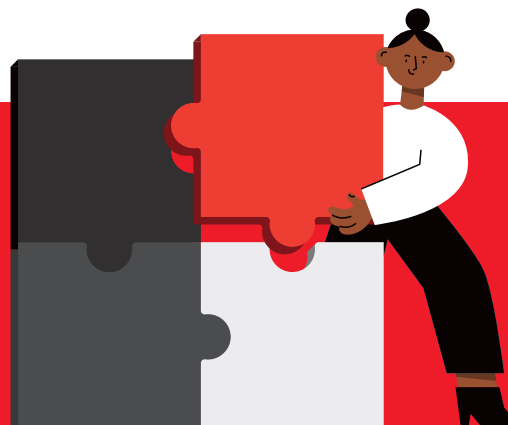
In the end, technology plays an important role in Andrew’s journey, but it remains just that: a tool.

Brain Game Tech & Health Mini Match-up

Match each technology to its wellness benefit. Consider how these tools might fit into your lifestyle.

- Tech**
- 1 **STANDING DESK**
 - 2 **MEDITATION APP**
 - 3 **FITNESS TRACKER**

- Benefit**
- A **Increases awareness of daily movement**
 - B **Reduces stress and improves emotional regulation**
 - C **Reduces time sitting and improves posture**



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Finding the Right Balance

Technology is a part of everyday life and is changing the way people take care of their health. In the past, health technology referred to machines used in hospitals, like X-rays or heart monitors. Today, health technologies surround us every day; from using our fitness watches to track a run to a virtual therapy session with a social worker through telehealth. While these innovations can improve the quality of life and make healthcare more accessible, it is also important to use them in a balanced and healthy way.

Artificial Intelligence

Artificial intelligence (AI) has become mainstream in our healthcare systems. AI programs can now help doctors review medical images, detect diseases earlier, and recommend treatment plans based on large amounts of data. This makes healthcare more efficient and sometimes even more accurate. Instead of only treating illnesses after they appear, technology and AI are helping healthcare professionals predict risks before symptoms can become serious. As a result, patients can receive support earlier and improve their chances of recovery.

Fitness Tracking

Wearable technology is another example of how health tools are becoming more common in our everyday lives. Devices such as smartwatches and fitness trackers can monitor heart rate, sleep quality, and movement. These tools help people stay on top of their habits and encourages them to stay active. For many of us, seeing our progress motivates us to make healthier choices.

Glucose Monitoring

Wearable glucose monitoring devices, commonly known as continuous glucose monitors (CGMs), are used by diagnosed diabetics to manage their blood sugar levels. These devices are worn on the body (usually the arm or abdomen) and left on throughout the day and night. This type of wearable technology gives those with chronic diseases, like diabetes, real-time insight into what is happening in their bodies.

Virtual Appointments

Telehealth services have also become more popular in recent years. Online doctor appointments and virtual therapy sessions make healthcare easily accessible, especially for people who live far from clinics or have busy schedules. Mental health or wellness apps are another helpful technological development. Many people now use meditation apps, mood trackers, and online professional counselling platforms to help improve their mental well-being.



Is AI a safe substitute for human-to-human mental health therapy? Learn from a psychotherapist in our next article, "When Therapy Meets AI."

Finding Balance

Even though healthy technologies offer many benefits, it is important to use them responsibly. Technology should support healthy habits, not replace them. For example, tracking our health can be helpful, but checking data too often may create unnecessary stress. Setting limits with screen time and turning off notifications when possible can help people maintain a better balance between their online and offline lives.

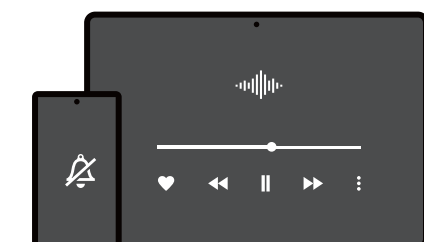
Health technology has changed the way people understand and manage their well-being. It offers new opportunities to improve physical and mental health, increase access to care, and supports healthier habits. It is important to remember that technology works best when it is used in moderation. By finding the right balance, people can benefit from these tools without allowing them to become harmful.

Check out the **Mental Health Corner** on page 3 to learn more about how to protect your mental health from social media usage.



Scan for a brain break

(Headphones on for optimal listening)



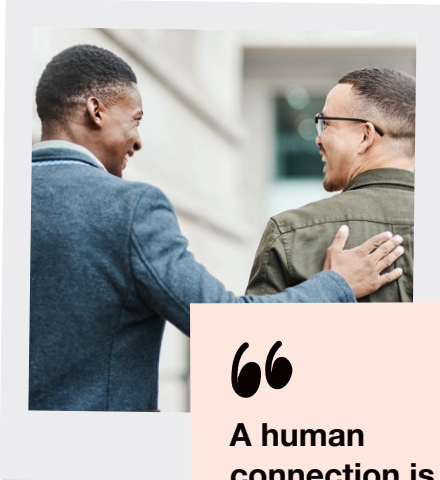
When Therapy Meets AI:

Insights from a Practicing Psychotherapist

Written in collaboration with Cassandra Brennan (MA, RP)

Human connection is essential

Cassandra Brennan, a Creative Arts Therapist and Registered Psychotherapist, explains that AI should not be used in place of a therapist. Cassandra emphasized that asking for help is an important step in improving mental health, and relying on AI bots instead of speaking to a person adds to the stigma around reaching out. When people turn to AI for support, they essentially end up keeping their struggles to themselves. Mental health challenges often make people feel alone, and a human connection is an important part of healing. Talking to a trained professional allows a person to feel heard and supported in ways that a machine cannot provide.

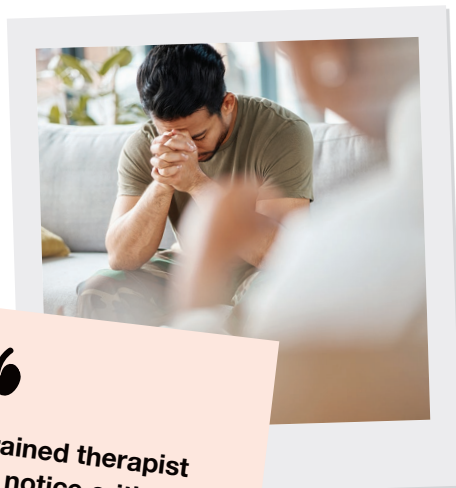


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A human connection is an important part of healing.

AI cannot assess risk properly

Cassandra goes on to explain that AI tools cannot properly identify many of the risk factors that can affect one's mental health. While AI might recognize certain words or patterns, it cannot truly assess a person's situation. A trained therapist can notice important cues such as social isolation or possible signs of self-harm. Therapists can follow-up with their clients and check-in on their well-being over time. AI cannot do this. Cassandra noted that mental health issues, such as stress, can vary widely, and trained professionals can identify where someone might fall on that spectrum and provide appropriate support.

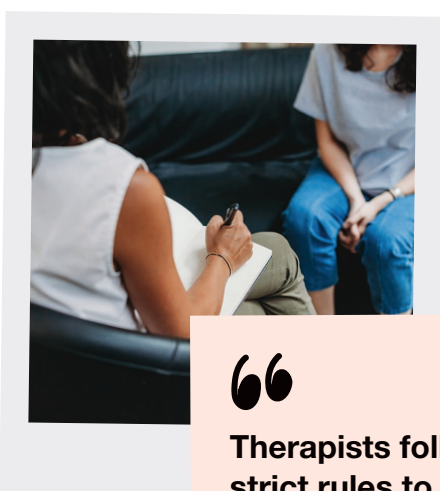


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A trained therapist can notice critical cues such as social isolation or possible signs of self-harm.

Confidentiality concerns

Another major concern Cassandra raised was confidentiality. Therapists follow strict rules to protect their clients' privacy. However, many AI tools do not have clear regulations around confidentiality. Information shared with AI systems may be used by algorithms, which could result in targeted advertisements related to a person's struggles. Cassandra warned that this type of digital surveillance could make one's mental health situation worse. They also noted that AI platforms are designed to keep users engaged, meaning they will focus on making the user feel good, rather than truly helping them improve their mental well-being. Cassandra advised using AI tools solely to help locate mental health resources or a mental health professional.



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Therapists follow strict rules to protect their clients' privacy.

The Bottom Line

Relying on AI for your mental health means putting your well-being in the hands of a system that cannot truly understand your needs.

Unlike a therapist, AI will not follow-up, check-in, or make sure you are safe, which is why Cassandra believes human support remains essential for mental health care. AI tools can seem very appealing when managing mental health problems because they are easy to access and often free. Nevertheless, AI should not be used as a replacement for a therapist.

Mental Health Corner

Everything in Moderation

We have all heard it a million times: “Just put the phone down.”

While consistent screen time has been shown to affect our physical health, research suggests that how we **use** social media may be more closely linked to our mental health than **time** alone.

Social media use can negatively impact our mental health, and in some cases, worsens existing mental illnesses. What we are starting to learn is that problematic use matters more than how long we spend on social media each day.

When social media use feels uncomfortable and is used to cope with emotions, it can lead to negative attachment.

Passive behaviours, like doomscrolling, watching endless video loops or comparing yourself to others online, can increase stress, lower your mood, and jeopardize self-esteem. To protect our mental health, it is important to be intentional with how we use social media. Try using it actively by engaging in supportive conversations, direct messaging with friends, and sharing life updates.

The goal is not to quit social media, but to find a healthier balance instead. Here are some strategies to get you started.

1

Know your habits and triggers

Pay attention to how you feel while using social media. Do you feel tense, mentally fatigued, or even anxious?

2

Set limits and boundaries

You can shape what you see online. Unfollow or mute accounts that do not make you feel good (use app settings to hide triggering words/phrases).

3

Create tech-free zones

Keeping spaces like bedrooms or meal areas tech-free can support better sleep and social connection.

4

Take a breather

It is important to know when it is time to close an app. Balancing time away from the notifications is a great way to enjoy social media in a healthier way.

Technology works best when it is used in moderation.

Wellness Marketing

What to Look for Before You Believe It

Have you ever scrolled through social media or read something online and thought, “This seems too good to be true”? **Chances are, it is.**

While the internet is a great place to learn, anyone can post health information online. This makes it harder to tell facts from fiction. The difference between something that supports our health and something that is just a trend often comes down to how it is marketed and whether it is supported by evidence.

Wellness marketing focuses on promoting health-related information, products, or services for an audience. Wellness marketing can be helpful when it shares accurate, evidence-based information. It becomes harmful when false claims are made, whether intentionally (disinformation) or unintentionally (misinformation).

When reading health information, always question who is delivering the message. The best practice is to find the original source of the information and check whether it is credible. If you cannot find the source, you can check the information by seeing whether other reliable sources make the same claims (i.e. the Cleveland Clinic, Mayo Clinic, the World Health Organization (WHO), or a health agency local to you).

Science is always evolving, which means old information and outdated practices may be replaced by new findings. It is important to note that while discoveries are made every day, guidelines and best practices are not built on one-off findings. Health information should be reliable and consistently supported over time.



RED FLAGS

(Most likely misleading)

- ❗ Makes health claims without sharing evidence.
- ❗ Encourages mistrust of licensed health care professionals (i.e., “Doctors do not want you to know this”).
- ❗ Promotes quick fixes for complex or chronic health concerns.
- ❗ Only presents information that supports their claims while ignoring credible opposing evidence.
- ❗ Shares information that has not been tested enough to become public guidelines or recommendations.
- ❗ Relies solely on AI-generated content (AI can be incorrect; always verify claims using trusted sources).



GREEN FLAGS

(Most likely trustworthy)

- ✅ Clearly states where the information is from, and the credentials are trustworthy.
- ✅ Information is shared by a health organization rather than an influencer.
- ✅ Does not pressure you to buy something.
- ✅ Clearly states whether there are sponsorships or conflicts of interest.
- ✅ Information is up to date (posted within the last 5 years).
- ✅ The same message appears across multiple credible sources.



If you are ever in doubt about health-related information you have seen online, reach out to us at wellness@magna.com.



Mood-Boosting

Frozen Strawberry Yogurt Bites

The foods we eat play a role in how our mind and body function. Especially when it comes to our digestive tract and its connection to our mood. By choosing foods that support gut health, we help our brains create “happy” chemicals that keep us feeling good. One way to support our mood with food is to eat foods containing probiotics. Probiotics contain healthy bacteria that help the bacteria in our bowels stay balanced. Did you know Greek yogurt is full of probiotics?

Nutritional Facts

(Per Serving)

30 kcal	calories
3.3 g	carbohydrates
1 g	fibre
1 g	sugars
3.3 g	protein
0.5 g	fat
0.1 g	saturated fat
13 mg	sodium

Preparation Time: **20 minutes**
Cook Time: **4 hours**
Serves: **24**

Ingredients

- 1½ cups (340 g) plain greek yogurt
- 1 cup (150 g) strawberries, no stems
- 2 tbsp (30 g) milk of choice (unsweetened almond or oat milk works well)
- 1 tbsp (15 g) hemp hearts or chia seeds (for added fibre)

Directions

1. Combine ingredients in a food processor or high-powered blender.
2. Mix until well blended.
3. Pour mixture into a silicone ice cube tray.
4. Put it in the freezer for at least 4 hours and serve.

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We would love to hear from you!

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