



WELLNESS MADE EASY

MEET YOUR ON-SITE WELLNESS CONCIERGE

Don't have the time or resources to manage an employee wellness program?

WE'VE GOT YOU COVERED

With solutions customized to meet your company's goals and budget, an on-site Medisys wellness concierge makes wellness easy. Our concierge team is equipped to manage all aspects of wellness program design and execution, from activity planning, to employee engagement, to reporting. Your concierge is qualified in varying aspects of health

promotion such as nutrition, fitness training, and lifestyle modification. With an unparalleled depth and breadth of resources at their fingertips, your wellness concierge will plan, manage, and deliver programs that suit the needs and interests of your employees.



“CANADIAN EMPLOYEES WITH TWO OR MORE LIFESTYLE RISK FACTORS (E.G. BEING SEDENTARY, BEING OVERWEIGHT OR OBESE, SMOKING, OR CONSUMING EXCESS ALCOHOL) ARE ABSENT 50% MORE OFTEN THAN THOSE WITHOUT THE RISK FACTORS, AND COST THEIR EMPLOYERS 2-3 TIMES MORE IN HEALTH BENEFIT COSTS*.”

* Ontario, H.S., The business case for a healthy workplace, W.S.P. Services., Editor. 2011.

WHAT'S INCLUDED?

Many of our clients use biometric screening to focus their wellness programming on the areas that will have the greatest impact on their employee population. Whether your company's primary health and wellness goal is cardiovascular disease risk management, physical fitness, mental wellness, nutrition or weight management, your dedicated concierge would design, plan, coordinate, and deliver programs & services such as:

- An employee kick-off seminar
- One-on-one wellness coaching (fitness, healthy eating, building personal resilience, relaxation techniques)
- Physical activity challenges
- On-site yoga classes
- Meditation & mindfulness programs
- Audit of corporate cafeterias & vending machines
- On-demand virtual challenges (e.g. 30-Day No Refined Sugar challenge, 30-Day Happiness challenge)
- On-demand virtual campaigns (e.g. Nutrition 4 You, 12 Days of Fitmas, Attitude of Gratitude, You Snooze, You Lose)
- Take 5 wellness activities (e.g. "Stress the Positive" clinic where participants wear a biodot throughout the day and monitor stress level changes)
- Lunch & learns on topics of interest (e.g. exercise for heart health, stress management, meal planning)

HOW DOES IT WORK?

Many companies already have a wellness program in place and are simply looking for tools and resources to optimize participation and wellness results; other companies are just starting out. Medisys offers a workplace health & wellness assessment free of charge to help organizations develop a wellness program that aligns with their priorities and employee culture. Here's how the process works:

1. Assess current state and establish goals, priorities, and budget
2. Select an on-site wellness concierge based on your program plan
3. Develop a calendar of on-site activities and events
4. Commence employee communication and engagement process
5. Collaborate regularly on progress relative to objectives and make adjustments where needed
6. Conduct annual review of reports, metrics, and go-forward plans

HOW MUCH DOES IT COST?

Our wellness solutions are fully customized to meet our client's needs and budgets. On-site wellness concierge services require a minimum of one day of services per week and are charged based on total hours required. Services are designed to be "all inclusive" with a wide variety of on-site wellness services delivered to meet varying employee needs and preferences.

For more information about our wellness programs, email us at wellness@medisys.ca
or reach out to your Medisys account representative.
