



Wellness Programs and Services

Programs that engage your employees; improve morale and prevent avoidable absences

Promoting a healthy work environment is paramount to preventing absenteeism. A wellness program can enhance the physical well-being of employees, while also increasing staff morale.

Our services are customized to your company's needs and culture. We offer a fully integrated suite of Wellness Services which can start an analysis of cost drivers and key health risk factors impacting your employee's health and your benefits costs.

WMC will tailor a complete program to fit your budget and target your specific organizational goals whether you are a local, regional or a large national client. WMC will work with you to implement your programs including providing a Communications Kit to successfully promote and launch the program and events.

Corporately, you will receive aggregate risk factor data following events and annual return on investment (ROI) reports. Our industry leading IT solution will provide your employees a portal to securely schedule their appointments.





Wellness Program Offerings

Biometric Screening

Our team of Registered Nurses will perform health screens with your employees on site at your locations. Participants will receive their test results on a personalized form and will receive health coaching from the nurse specific to their individual risk levels. Takeaway information and handouts are provided.

A la Carte Biometric Screening

- (ex. Blood Pressure, Blood Glucose, Cholesterol Testing, Lipid Panel Testing, BMI, Percentage Body Fat, Strength Tests, Flexibility Tests)

Comprehensive Testing Clinics

- **WMC HEALTHCheck**
This clinic provides non-fasting testing of Blood Glucose, Total Cholesterol, Blood Pressure and BMI.
- **WMC HEARTCheck**
This clinic can be offered to either fasting or non-fasting participants measuring Blood Glucose, Full Lipid Panel Screening (Total Cholesterol, LDL, HDL, Triglycerides), Blood Pressure and BMI.

WMC MiniHEALTH Assessment

This clinic briefly screens employees for six of the most common health problems including Depression, Sleep Disturbances, High Blood Pressure, High Cholesterol, Diabetes and Anemia. This Assessment includes a questionnaire, meeting with the Nurse and a non-fasting blood draw. A follow-up telephone consultation including discussion of lab results and health teaching will be scheduled with the participant.

Other Wellness Services

- Nutritionist Counselling
- Wellness Newsletters
- On Line Wellness Portal with Health Risk Assessment
- On Line Challenges
- Lifestyle Risk Coaching
- Mental Health Workshops and Training
- Breakfast or Lunch and Learn Education Sessions
- Health and Nutrition Workshops
- Travel Health Immunization
- Flu Immunization Clinics



Let's keep Canada *working*

