






AGGREGATE REPORT

Pilot		10/01/2019 - 01/24/2020	
Overall Grades	NORMAL	MODERATE	HIGH RISK
	BLOOD PRESSURE		
	SMOKING		
	DIABETES		
	WEIGHT MANAGEMENT		
CHOLESTEROL			



This Aggregate Report Card is intended to give an overview of health risk with a more in depth look at some ways these risks affect the health of participants. It is not a full analysis of the causes of health risk.

This report highlights the areas of greatest risk based on prevalence. There may be areas of risk that have a low prevalence, but are of concern for your group. For example, there may be a low prevalence of participants who smoke, but this may still be an area that can be targeted for improvement.

Age of Range of Participants

		10/01/2019 - 01/24/2020														
Results		<20-29	30-39	40-49	50-59	60+	<20-29	30-39	40-49	50-59	60+	<20-29	30-39	40-49	50-59	60+
	MALE	2	3	1	1	1										
	FEMALE	1	1	0	2	0										
	TOTAL	3	4	1	3	1										
	PERCENTAGE	25%	33.3%	8.3%	25%	8.3%										

Understanding Overall Blood Pressure Risk

Almost 1 in 4 Canadian adults are affected by hypertension, with the lifetime incidence of developing high blood pressure estimated to be 90%. Blood pressure is the leading modifiable risk factor for developing cardiovascular disease.

Age, obesity, sedentary lifestyles, and high sodium intake are all factors that contribute to increased blood pressure levels.

<https://www150.statcan.gc.ca/n1/pub/82-003-x/2019002/article/00001-eng.htm>

Did you Know?

Canada's reported rates of hypertension awareness, treatment and control are some of the highest in the world. In 2010, the costs attributable to hypertension in Canada were estimated at \$13.9 billion, and are forecasted to increase to \$20.5 billion by 2020.

- <https://www150.statcan.gc.ca/n1/pub/82-003-x/2019002/article/00001-eng.htm>

		10/01/2019 - 01/24/2020				
Results						
		BLOOD PRESSURE	BLOOD PRESSURE	BLOOD PRESSURE		
	NORMAL	33.3%				
	MODERATE	25%				
HIGH RISK	41.7%					


Grade



Understanding Overall Smoking Risk

An estimated 16% of Canadians smoke either daily or occasionally. Smoking is a leading preventable cause of death, as it is a risk factor for lung cancer, heart disease, stroke and chronic respiratory disease.

https://www150.statcan.gc.ca/n1/en/pub/82-625-x/2018001/article/54974-eng.pdf?st=_3kygwe0

Results	10/01/2019 - 01/24/2020		
			
	SMOKING	SMOKING	SMOKING
NORMAL	83.3%		
HIGH RISK	16.7%		

Did you Know?

On average, each smoker costs his or her employer an estimated \$4,256. More than \$3,800 in lost productivity due to unsanctioned smoking breaks and more than \$400 in lost productivity due to absenteeism.

https://www.conferenceboard.ca/press/newsrelease/13-10-29/Up_in_Smoke_Smokers_Cost_Their_Employers_More_Than_4_000_Each_Per_Year.aspx?AspxAutoDetectCookieSupport=1

Grade



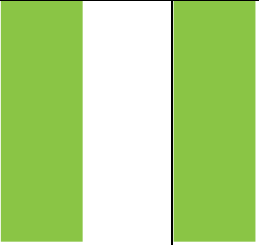
Understanding Overall Diabetes Risk

An estimated 7% of Canadians reported being diagnosed with diabetes.

Diabetes is a chronic condition that affects Canadians of all ages. If left uncontrolled, diabetes results in consistently high blood sugar levels, which can lead to serious

complications such as cardiovascular disease, vision loss, kidney failure, nerve damage, and amputation. Fortunately, it is possible to remain healthy with diabetes through appropriate management and care.

<https://www150.statcan.gc.ca/n1/pub/82-625-x/2018001/article/54982-eng.htm>

Results	10/01/2019 - 01/24/2020			
				
	NON-FAST	FASTING	NON-FAST	FASTING
NORMAL	100%	100%		
HIGH RISK	0%	0%		

Did you Know?

Employees with type 2 diabetes cost employers an estimated \$1,500 annually per employee due to reduced productivity and missed work. Drug plan spending for employees treating type 2 diabetes is four times in comparison to other employees. For employees who must take disability leave because of their diabetes, the period of disability on average is 15% longer in duration; many of these employees remain on disability for the maximum duration.

<https://www.diabetes.ca/DiabetesCanadaWebsite/media/Advocacy-and-Policy/Submissions%20to%20Government/Federal/2018->

Grade



Summary

This Aggregate Report Card summarized areas of potential health concern for the participants from your group. While this is not a complete analysis of the participant's health status, it does shed light on areas of concerns. Depending on your specific goals there are different approaches your group can take.

More In Depth Analysis – You may be interested in more detailed analyses. We can provide analysis that looks more in depth at specific health concerns to help give you an even fuller picture of what may be leading towards your health risks.

Positive Behavior Change – Targeting the areas of greatest risk, a behavior change program can be implemented to help promote positive behavior. This may help reduce absenteeism and lower health risk.

Monitor the situation – You may be satisfied with the health status of your participants. If so, congratulations on having a healthy workplace! We recommend having yearly screenings to continue to monitor your participant's health status and ensure that you are continuing to do well.

Biometrics

Cholesterol results (Female)

TC \geq 5.2 mmol/L	2	50%
HDL \leq 1.3 mmol/L	3	75%
TC/HDL Ratio $>$ 5.0	1	25%

Cholesterol results (Male)

TC \geq 5.2 mmol/L	1	12.5%
HDL \leq 1.0 mmol/L	2	25%
TC/HDL Ratio $>$ 5.0	0	0%

Blood Pressure results

\leq 120/80	4	33.3%
= 121/81 - 139/89	3	25%
\geq 140/90	5	41.7%

A1c results (non-diabetic)

$<$ 5.7	11	91.7%
\geq 5.7	0	0%

A1c results (diabetic)

$<$ 7.0	1	8.3%
\geq 7.0	0	0%

Glucose results - fasting

\leq 7.0 mmol/L	2	16.7%
$>$ 7.0 mmol/L	0	0%

Glucose results - non-fasting

\leq 10.0 mmol/L	10	83.3%
$>$ 10.0 mmol/L	0	0%

BMI results

< 24.9	5	41.7%
= 25 - 29.9	5	41.7%
>= 30	2	16.7%

Custom Questions

Are you pregnant?

Yes	0	0%
No	9	75%
N/A	3	25%

Are you diabetic?

Yes	1	8.3%
No	11	91.7%

Are you taking diabetic medication?

Yes	0	0%
No	12	100%

Are you taking cholesterol medication?

Yes	0	0%
No	12	100%

Are you taking blood pressure medication?

Yes	2	16.7%
No	10	83.3%

Provide doctor referral letter - blood glucose?

Yes	1	8.3%
No	7	58.3%
Declined	4	33.3%

Provide doctor referral letter - cholesterol?

Yes	4	33.3%
No	6	50%
Declined	2	16.7%

Provide doctor referral letter - blood pressure?










Yes	2	16.7%
No	7	58.3%
Declined	3	25%

REPORT CARD

BO BICHETTE

MAR 22, 2022

BIOMETRIC

OVERALL RESULTS	NORMAL	MODERATE	AT RISK
	BLOOD PRESSURE		
	CHOLESTEROL		
	DIABETES		
	WEIGHT MANAGEMENT		
	PHYSICAL ACTIVITY		
	NUTRITION		
	STRESS		
	TOBACCO		
ALCOHOL & DRUGS			



LIFESTYLE



HEALTHY RANGES

Normal, borderline and high ranges for each of the collected biometrics are listed to the right.

For each of the following graphs, this follow-up screening report card indicates your previous biometric values in parentheses.

TEST	NORMAL	MODERATE	AT RISK
SYSTOLIC	<=120 mmHg	121-139 mmHg	140 mmHg +
DIASTOLIC	<=80 mmHg	81-89 mmHg	90 mmHg +
TOTAL	<5.2 mmol/L		5.2 mmol/L +
LDL	<3.5 mmol/L		3.5 mmol/L +
HDL	>1.0 mmol/L		1.0 mmol/L -
TRIGLYCERIDES	<1.7 mmol/L		1.7 mmol/L +
FASTING	7.0 mmol/L -		>7.0 mmol/L
NON-FASTING	10.0 mmol/L -		>10.0 mmol/L
HBA1C	<5.7%		5.7% +
BMI	18.5-24.9	25-29.9	30.0 +
WAIST CIRCUMFERENCE	< 40 in.		40 in. +

Understanding Your Blood Pressure Risk

It is important to check your blood pressure regularly because high blood pressure often has no warning signs or symptoms. High blood pressure increases your risk for heart disease and stroke. People of all ages can take steps to keep blood pressure levels normal.

Take Action

- Eat a healthy diet
- Maintain a healthy weight
- Be physically active
- Do not smoke
- Limit alcohol use

Results	NORMAL	MODERATE	AT RISK
	SYSTOLIC		140 mmHg
	DIASTOLIC	60 mmHg	
DO YOU SMOKE?	No		

Status




Understanding Your Cholesterol Levels

High cholesterol levels can put you at risk of heart disease. High cholesterol has no symptoms, so it is important to get your blood cholesterol levels checked regularly. Take steps to keep your cholesterol levels in check.

Take Action

- Eat a healthy diet
- Avoid saturated fat
- Get plenty of fiber
- Do not smoke
- Exercise regularly


	NORMAL	MODERATE	AT RISK		
Results	CHOLESTEROL			9.5 mmol/L	Status
	LDL				
	HDL			1.5 mmol/L	
	TRIGLYCERIDES				
	DO YOU SMOKE?			No	
				 (TC/HDL:6.3)	

Understanding Your Diabetes Risk

Diabetes is a disease in which the body's blood glucose level is too high. Diabetes can cause numerous health problems including heart disease, kidney failure and blindness. Key risk factors for developing type 2 diabetes include increasing age, obesity and physical inactivity. In addition to blood glucose levels, a measure of ketones can also be helpful in diabetes diagnosis.

Take Action

- Get more physical activity
- Lose extra weight
- Get plenty of fiber in your diet

	NORMAL	MODERATE	AT RISK		
Results	GLUCOSE				Status
	HBA1C			4.3 %	
					

Understanding Your Weight Management

Maintaining a healthy body weight is important. Being overweight or obese increases the risk of developing heart disease, diabetes, high blood pressure, and many other diseases and conditions. Body Mass Index is a common standard used to determine health risks based on height and weight. Another way to identify health risks associated with obesity is measuring waist circumference.

Take Action

- Get regular physical exercise
- Eat a well-balanced diet
- If needed, lose weight slowly through lifestyle changes
- Get enough calcium and vitamin D
- Avoid smoking and limit alcohol to 2-3 drinks per day

	NORMAL	MODERATE	AT RISK		
Results	BODY MASS INDEX			22.86	Status
	WAIST CIRCUMFERENCE			32 inches	
				 height: 5' 7" weight: 146 lbs	



ONSITE HEALTH SCREENING CLINICS

Help your employees reduce their risk for heart disease, diabetes, high blood pressure and obesity while improving your bottom line.

Every Employee Receives:

- A confidential appointment with a nurse
- Instant biometric results Including:
 - Blood Pressure
 - Cholesterol
 - Glucose or A1c
 - Height, Weight, BMI
 - Waist Circumference
- A results consultation and health improvement recommendations
- Take away health resources, including information from the Heart and Stroke Foundation and the Canadian Diabetes Association

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca

lifemarkemployerservices.ca

Lifemark makes it easy and convenient. Every program includes the following options:

Promotional Materials

Online Registration

Aggregate Reports for Management

lifemark

WORKPLACE HEALTH & WELLNESS

ONSITE HEALTH SCREENING CLINICS

Onsite Health Screening Clinic Options	Light <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose 	Basic <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose • Height, Weight, BMI • Waist Circumference 	Comprehensive <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • Glucose • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk 	Premium <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • A1C (diagnostic) • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk
Appointments per hour	6	4	3	3
Price per appointment	\$33 (min. 16 Billable)	\$47 (min. 11 Billable)	\$62 (min. 8 Billable)	\$78 (min. 8 Billable)
Set-up fee¹ (per nurse per day)	\$100	\$100	\$100	\$100

1. Includes: set-up and take-down, coordinator's package, transportation of supplies, and coordination. Parking is invoiced at cost.

2. Travel >50km round trip is \$85.00/hr plus \$0.65/km

*Travel is quoted by clinic.

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca

lifemarkemployerservices.ca

Virtual Nurse Health Coaching – Ask a Nurse

What's In It for You

Welcome! Lifemark is pleased to offer you a private and confidential 20 min Nurse Health Coaching Session with one of our amazing Registered Nurses. You can use this time to discuss any of your health questions. Here are a few ideas that many people have found useful to get the conversation started:

- ✓ past results from biometric screening
- ✓ your medical history
- ✓ your current health conditions and health management
- ✓ questions about your health or goals to improve your health
- ✓ participate in a mental health questionnaire
- ✓ COVID-19

How does it work?

1. Book your private health coaching session
2. 3 days prior to your booked appointment, you will receive a meeting request via email
3. Accept the invitation
4. Click on the link provided to join the meeting during your scheduled time
5. You can cancel your appointment up to 48 hrs before your scheduled time

What to expect during your health coaching session

- ✓ At the beginning of your session, your Registered Nurse Health Coach will ask to see 1 piece of government issued photo ID (drivers license, health card, passport for example). Your Registered Nurse Health Coach will use this ID to verify that they are meeting with the correct person.
- ✓ You will be read a verbal consent and the RN Health Coach will make sure any questions you have around privacy are answered.
- ✓ You will be asked to provide an emergency contact person's contact information. Government regulations require that should you require physical assistance during the session, the RN Health Coach knows who to contact to ensure that you are safe.

**That's it! You can start talking about your questions and goals
to take the next steps to improve your health!**

If you need any further information, contact

employer.services@lifemark.ca or call 1-855-444-0834 ext.1

We're here to help.

Help your workforce make positive health changes

Biometric screening with MyHealthCheck app is a fast, effective way to see the impacts of positive health changes.

The more someone knows about their health, the better the opportunity they have to make positive changes. With the MyHealthCheck app, biometric screening with Lifemark has never been easier. Employees receive health education during a one-on-one session with a Registered Nurse to help them **understand their risks for chronic conditions like diabetes, high blood pressure, hypertension, heart disease, cardiovascular disease, mental health and more.**

Employees will learn how to improve their health, including tips for managing stress, increasing physical activity, healthy eating and if necessary, written direction to follow up with their family doctor.

Immediate results with the MyHealthCheck app

During their session with a registered nurse, employees receive:

- Immediate results covering key health data points such as cholesterol levels, blood sugar, Body Mass Index (BMI) and cardiovascular health
- Personal report card which highlights their moderate and high risks
- Interactive experience using the data modifiers on the app to immediately see the health impact of improving their results
- Nurse coaching to modify and improve their health behaviours
- Link to their personal report card via email
- Access to a portal with Year over Year statistics and insight to links between behaviours and health risks

REPORT CARD				
		NORMAL	MODERATE	AT RISK
Overall Results	BLOOD PRESSURE			✓
	CHOLESTEROL			✓
	DIABETES			✓
	WEIGHT MANAGEMENT			✓



Call **1-855-444-0834**

Email workplacehealthandwellness@lifemark.ca to schedule your onsite health screening today!

Your Virtual Health Coaching Session

What's In It for You

Welcome! Lifemark is pleased to offer you a private and confidential 20 min Health Coaching Session with one of our amazing Registered Nurses. You can use this time to discuss any of your health questions. Here are a few ideas that many people have found useful to get the conversation started:

- ✓ past results from biometric screening
- ✓ your medical history
- ✓ your current health conditions and health management
- ✓ questions about your health or goals to improve your health
- ✓ participate in a mental health questionnaire

How does it work?

1. Book your private health coaching session
2. 3 days prior to your booked appointment, you will receive a Microsoft Teams meeting request via email
3. Accept the invitation
4. Click on the link provided to join the meeting via audio & video (or audio only if preferred) during your scheduled time
5. You can cancel your appointment up to 48 hrs before your scheduled time

What to expect during your health coaching session

- ✓ At the beginning of your session, your Registered Nurse Health Coach will ask to see 1 piece of government issued photo ID (drivers license, health card, passport for example). Your Registered Nurse Health Coach will use this ID to verify that they are meeting with the correct person.
- ✓ You will be read a verbal consent and the RN Health Coach will make sure any questions you have around privacy are answered.
- ✓ You will be asked to provide an emergency contact person's contact information. Government regulations require that should you require physical assistance during the session, the RN Health Coach knows who to contact to ensure that you are safe.

That's it! You can start talking about your questions and goals to take the next steps to improve your health!

If you need any further information, contact

workplacehealthandwellness@lifemark.ca or call 1-855-444-0834 ext.1

We're here to help.

Aidez votre personnel à adopter de saines habitudes de vie

La réalisation du bilan de santé avec l'application MyHealthCheck est un moyen rapide et efficace de voir comment de nouvelles habitudes de vie peuvent influencer la santé.

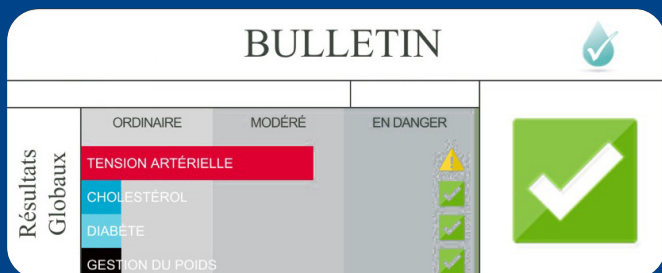
Plus une personne en sait sur sa santé, plus il y a de chances qu'elle y apporte des changements positifs. Avec l'application MyHealthCheck, effectuer un bilan de santé avec Lifemark n'a jamais été aussi facile. Lors d'une séance individuelle avec un(e) infirmier/infirmière, les employés auront la chance d'acquérir des connaissances afin de mieux **comprendre où se situe leur risque de développer des maladies chroniques comme le diabète, l'hypertension, les maladies cardiovasculaires, et les troubles de santé mentale.**

Les employés apprendront comment améliorer leur état de santé, notamment à l'aide de conseils pour gérer le stress, faire davantage d'activité physique et manger sainement et, si nécessaire, des instructions écrites leur seront remises pour qu'un suivi soit effectué par leur médecin de famille.

Des résultats immédiats avec l'application MyHealthCheck

Pendant leur séance avec le personnel infirmier, les employés obtiendront :

- Des résultats immédiats sur des aspects clés de la santé tels que le taux de cholestérol, la glycémie, l'indice de masse corporelle (IMC) et la santé cardiovasculaire.
- Un bulletin personnel qui met en évidence les points où ils ont des risques modérés ou élevés.
- Une expérience interactive en utilisant les modificateurs de données sur l'application pour voir immédiatement en quoi l'amélioration de leurs résultats peut avoir une incidence sur leur santé.
- Un accompagnement par un(e) infirmier/infirmière pour modifier et améliorer leurs habitudes en matière de santé.
- Un lien vers leur bulletin personnel par courrier électronique.
- L'accès à un portail contenant des statistiques annuelles et des informations sur les liens entre les habitudes de vie et les risques pour la santé.



Appelez-nous au
1 855 444-0834

Envoyez un courriel à
workplacehealthandwellness@lifemark.ca
pour programmer votre séance de bilan de
santé sur place dès maintenant!

REPORT CARD

BO BICHETTE

MAR 22, 2022

BIOMETRIC

OVERALL RESULTS

NORMAL	MODERATE	AT RISK
BLOOD PRESSURE		
CHOLESTEROL		
DIABETES		
WEIGHT MANAGEMENT		
PHYSICAL ACTIVITY		
NUTRITION		
STRESS		
TOBACCO		
ALCOHOL & DRUGS		



LIFESTYLE



HEALTHY RANGES

Normal, borderline and high ranges for each of the collected biometrics are listed to the right.

For each of the following graphs, this follow-up screening report card indicates your previous biometric values in parentheses.

TEST	NORMAL	MODERATE	AT RISK
SYSTOLIC	<=120 mmHg	121-139 mmHg	140 mmHg +
DIASTOLIC	<=80 mmHg	81-89 mmHg	90 mmHg +
TOTAL	<5.2 mmol/L		5.2 mmol/L +
LDL	<3.5 mmol/L		3.5 mmol/L +
HDL	>1.0 mmol/L		1.0 mmol/L -
TRIGLYCERIDES	<1.7 mmol/L		1.7 mmol/L +
FASTING	7.0 mmol/L -		>7.0 mmol/L
NON-FASTING	10.0 mmol/L -		>10.0 mmol/L
HBA1C	<5.7%		5.7% +
BMI	18.5-24.9	25-29.9	30.0 +
WAIST CIRCUMFERENCE	< 40 in.		40 in. +

Understanding Your Blood Pressure Risk

It is important to check your blood pressure regularly because high blood pressure often has no warning signs or symptoms. High blood pressure increases your risk for heart disease and stroke. People of all ages can take steps to keep blood pressure levels normal.

Take Action

- Eat a healthy diet
- Maintain a healthy weight
- Be physically active
- Do not smoke
- Limit alcohol use

Results

NORMAL	MODERATE	AT RISK
SYSTOLIC		140 mmHg
DIASTOLIC	60 mmHg	
DO YOU SMOKE?	No	

Status




Understanding Your Cholesterol Levels

High cholesterol levels can put you at risk of heart disease. High cholesterol has no symptoms, so it is important to get your blood cholesterol levels checked regularly. Take steps to keep your cholesterol levels in check.

Take Action

- Eat a healthy diet
- Avoid saturated fat
- Get plenty of fiber
- Do not smoke
- Exercise regularly


	NORMAL	MODERATE	AT RISK		
Results	CHOLESTEROL			9.5 mmol/L	Status
	LDL				
	HDL			1.5 mmol/L	
	TRIGLYCERIDES				
	DO YOU SMOKE?			No	
				 (TC/HDL:6.3)	

Understanding Your Diabetes Risk

Diabetes is a disease in which the body's blood glucose level is too high. Diabetes can cause numerous health problems including heart disease, kidney failure and blindness. Key risk factors for developing type 2 diabetes include increasing age, obesity and physical inactivity. In addition to blood glucose levels, a measure of ketones can also be helpful in diabetes diagnosis.

Take Action

- Get more physical activity
- Lose extra weight
- Get plenty of fiber in your diet


	NORMAL	MODERATE	AT RISK		
Results	GLUCOSE				Status
	HBA1C			4.3 %	
					

Understanding Your Weight Management

Maintaining a healthy body weight is important. Being overweight or obese increases the risk of developing heart disease, diabetes, high blood pressure, and many other diseases and conditions. Body Mass Index is a common standard used to determine health risks based on height and weight. Another way to identify health risks associated with obesity is measuring waist circumference.

Take Action

- Get regular physical exercise
- Eat a well-balanced diet
- If needed, lose weight slowly through lifestyle changes
- Get enough calcium and vitamin D
- Avoid smoking and limit alcohol to 2-3 drinks per day


	NORMAL	MODERATE	AT RISK		
Results	BODY MASS INDEX			22.86	Status
	WAIST CIRCUMFERENCE			32 inches	
				 height: 5' 7" weight: 146 lbs	

Understanding Your Physical Activity

Keep up the good work! Getting a combination of aerobic activity, strength training, and stretching each week will help you maintain a high level of physical fitness. Continuing with regular physical activity will reduce your risk of developing leading chronic diseases and conditions such as heart disease, several cancers, and type 2 diabetes. Also, regular exercise helps maintain your weight and develop stronger heart, lungs, bones, and immune system function. To stay on the right track, focus on continued improvements where you can, such as adding more time to your workouts, increasing the resistance to your strength training, stretching more often, or varying the type of exercises you do.

Take Action

- Get up and move at least once every 30 minutes
- Drink water while exercising
- Be aware of your obstacles to regular activity
- Learn your training heart rate range
- Find a fitness friend
- Reward yourself for good exercise habits

Results	NORMAL	MODERATE	AT RISK	Status	
	<p>ACTIVITY</p> <p>RESISTANCE</p> <p>STRETCHING</p> <p>SITTING</p>				


Understanding Your Nutrition

There are some improvements you can make to your diet to get the health benefits of good nutrition. Identify and expand upon the good habits you already have. Work towards eating a variety of vegetables and fruits each day and with every meal. When choosing grain foods, make more selections labeled whole grain. Reduce the amount of sweets, desserts, and salty snacks from your diet by eating smaller portions or eating them less often. Substitute water for sugary drinks. Choose lean meat and protein foods, and eliminate saturated and trans fats.

To help make more healthy habits a part of your daily routine, gradually make changes. Pick one area for improvement at a time.

Take Action

- Eat a variety of vegetables each day
- Keep healthy snacks, such as fresh fruit, handy at work
- Avoid saturated and trans fats
- When choosing grains, select whole grains
- Do not drink sugary beverages
- Limit how often you eat out, especially fast food
- Keep an eye on portion sizes so you do not consume too many calories

Results	NORMAL	MODERATE	AT RISK	Status	
	<p>VARIETY OF FOODS</p> <p>HALF PLATE FRUITS & VEGETABLES</p> <p>TRANS FATS</p> <p>SALTY SNACKS</p> <p>SUGAR</p> <p>WATER</p>				


Understanding Your Stress

You are making good decisions when it comes to dealing with stress in your life. Finding enjoyment in life's events, relaxing, and expressing your feelings are very important to keeping stressors in check. Be prepared to continually evaluate your stressors and plan for ways to deal with new obstacles as they appear. Positively dealing with stress helps with weight management, blood pressure, digestive function, illness prevention, and a variety of other health issues.

Managing life's stress is different for each person. However, one behavior that is important for everyone is getting enough sleep. Getting 7-9 hours of sleep each day can help improve your mood, ward off depression, improve thinking and clarity, and put life's stressors in perspective.

Take Action

- Try your best to get 7-9 hours of sleep each day
- Avoid using alcohol or drugs to deal with stress
- Allow yourself time every day to relax, even if it is just a few minutes
- Focus on the positive things in your life
- Ask for help if you feel your stressors are out of your control


Results	NORMAL	MODERATE	AT RISK	Status	
	WORK / JOB				
	RELAX				
	PREPARE FOR EVENTS				
	HEALTHY ACTIVITIES				
	SLEEP 7-9 HRS				

Understanding Your Alcohol & Drugs Risk

You are doing a great job at keeping alcohol and other drugs in the proper place in your life. Alcohol, illicit/illegal drugs, prescription medications, and over-the-counter medications are all substances that have chemical properties which can make them dangerous to health and well-being if used inappropriately or inaccurately. For medications, it is important to have a clear understanding as to why you are using them, and that their use is being done in the safest and most responsible ways possible. Always follow the guidance of your health care provider, or ask questions if you are unsure of how a chemical might affect your body. Many of these substances have chemicals in them that are addictive, so never use alcohol or other drugs as a way to cope with stress in life.

Take Action

- Only drink alcoholic beverages in moderation
- Seek professional help if you are using alcohol, drugs, or medications to deal with life's problems
- Follow directions accurately when using prescription or over-the-counter medications
- Talk to your health care provider about safely discontinuing use of any medications

Results	NORMAL	MODERATE	AT RISK	Status	
	AVOID DRINKING ALCOHOLIC BEVERAGES				
	AVOID USING ALCOHOL/DRUGS TO COPE				
	OVER-THE-COUNTER DRUGS				
	PRESCRIPTION MEDICATIONS AS DIRECTED				

Understanding Your Tobacco Risk

By avoiding all tobacco, you are protecting yourself from the number one cause of premature death in the United States and the nation's leading killer. In particular, cigarette smoking causes the majority of lung cancer, and is also associated with many other forms of cancer including cancers of the stomach, pancreas, colon, kidney, bladder, and esophagus. Smoking is a leading risk factor in coronary heart disease and stroke, and connected to numerous other health problems. Former smokers can see short-term health benefits after stopping smoking, but it is about 10-15 years after quitting before cancer and cardiovascular risks become similar to nonsmokers.

There are no safe options when it comes to using tobacco-based products, so keep up the good work by avoiding it completely!

Take Action

- Avoid all tobacco products, even those advertised as "safe" alternatives
- Help a friend struggling to quit
- If you are a former smoker, have a plan to avoid relapse
- Get involved in your community's efforts to help more people be smoke-free

Results	NORMAL	MODERATE	AT RISK	Status	
	CURRENTLY SMOKE CIGARETTES				
	CURRENTLY USE TOBACCO OTHER THAN CIGARETTES				
	IF FORMER SMOKER, HOW LONG SINCE QUIT				

	Light	Basic	Comprehensive	Premium
Appointments per hour	6	3	2	2
0-750k	\$30.00	\$45.00	\$60.00	\$75.00
750k+	\$29.00	\$44.00	\$59.00	\$75.00
Travel costs	>50km round trip	\$80.00/hr	\$0.65/km	\$0.65/km
Set up fee	\$100.00 per nurse per clinic			

ONSITE HEALTH SCREENING CLINICS - Sourcewell

Onsite Health Screening Clinic Options	Light	Basic	Comprehensive	Premium
	<ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose 	<ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose • Height, Weight, BMI • Waist Circumference 	<ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • Glucose • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk 	<ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • A1C (diagnostic) • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk
Appointments per hour	6	4	3	3
Price per appointment	\$30 (min. 16 Billable)	\$45 (min. 11 Billable)	\$60 (min. 8 Billable)	\$75 (min. 8 Billable)
Set-up fee ¹ (per nurse per day)	\$100	\$100	\$100	\$100

1. Includes: set-up and take-down, coordinator's package, transportation of supplies, and coordination. Parking is invoiced at cost.

2. Travel >50km round trip is \$85.00/hr plus \$0.65/km

*Travel is quoted by clinic.

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca



WORKPLACE HEALTH & WELLNESS

Nurse Health Coaching

What is it?

- Employee meets individually with a registered nurse to discuss their personal health and wellness concerns and goals
- Specific education from the nurse and recommended behaviour change for the employee to mitigate risk on health concerns like:
 - Heart disease and stroke
 - Diabetes
 - Obesity
 - Hypertension
 - Blood pressure
 - Stress
 - Sleep
- Action steps on lifestyle behaviours such as:
 - Physical activity
 - Nutrition
 - Sleep hygiene
 - Drug and alcohol intake
 - Stress
 - Smoking cessation



tel: 1-855-444-0834
email: workplacehealthandwellness@lifemark.ca
lifemarkworkhealth.ca

lifemark 
WORKPLACE HEALTH & WELLNESS

Nurse Health Coaching

On-site or virtual 1:1 health coaching

Appointment Times	15 mins = 4 people/hour	20 mins = 3 people/ hour	30 mins = 2 people/hour
Cost per hour (3 hour block minimum booking)	\$105.00	\$105.00	\$105.00
Quarterly Engagement Report	Included		

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca

lifemarkemployerservices.ca





ONSITE HEALTH SCREENING CLINICS

Help your employees reduce their risk for heart disease, diabetes, high blood pressure and obesity while improving your bottom line.

Every Employee Receives:

- A confidential appointment with a nurse
- Instant biometric results Including:
 - Blood Pressure
 - Cholesterol
 - Glucose or A1c
 - Height, Weight, BMI
 - Waist Circumference
- A results consultation and health improvement recommendations
- Take away health resources, including information from the Heart and Stroke Foundation and the Canadian Diabetes Association

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca

lifemarkemployerservices.ca

Lifemark makes it easy and convenient. Every program includes the following options:

Promotional Materials

Online Registration

Aggregate Reports for Management

lifemark 

WORKPLACE HEALTH & WELLNESS

ONSITE HEALTH SCREENING CLINICS

Onsite Health Screening Clinic Options	Light <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose 	Basic <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose • Height, Weight, BMI • Waist Circumference 	Comprehensive <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • Glucose • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk 	Premium <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • A1C (diagnostic) • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk
Appointments per hour	6	4	3	3
Price per appointment	\$33 (min. 16 Billable)	\$47 (min. 11 Billable)	\$62 (min. 8 Billable)	\$78 (min. 8 Billable)
Set-up fee¹ (per nurse per day)	\$100	\$100	\$100	\$100

1. Includes: set-up and take-down, coordinator's package, transportation of supplies, and coordination. Parking is invoiced at cost.

2. Travel >50km round trip is \$85.00/hr plus \$0.65/km

*Travel is quoted by clinic.

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca

lifemarkemployerservices.ca

Online Health Risk Assessment



Understand employee total health with an Online Health Risk Assessment.

The Online Health Risk Assessment (HRA)* consists of 23 questions that evaluate individual lifestyle behaviours and associated health risks. This survey collects qualitative data around health behaviours like nutrition, drug and alcohol consumption, physical activity, sleep and stress.

Employees receive an immediate report card on their total health

The HRA can be added to any onsite biometric health screening campaign. Employees access their HRA online after completing their biometric screening. The results of their HRA are immediately integrated and viewable with their biometric health screening report card.

How employees will benefit

With an HRA your employees receive a clear and comprehensive picture of their total health. Knowing how their lifestyle behaviours are impacting their health can help empower and motivate employees to make better health choices.

How you will benefit as an employer

An HRA aggregate report helps you identify lifestyle behaviours that can be targeted with wellness program initiatives. Educating and motivating your employees based on the highest area of need maximizes your opportunity to have the largest impact on organizational health.

Pricing

Number of employees	1-100	101-1,000	1,000-5,000	>5,000
Cost per employee* <small>*Cost calculated by access provided not completion</small>	\$6.00	\$5.50	\$4.50	\$3.50
Comprehensive Aggregate Report	\$500			

*Currently only available with biometric screening clinics

Contact us to schedule your onsite biometric health screening today.

Call 1-855-444-0834
workplacehealthandwellness@lifemark.ca

	Light	Basic	Comprehensive	Premium
Appointments per hour	6	3	2	2
0-750k	\$30.00	\$45.00	\$60.00	\$75.00
750k+	\$29.00	\$44.00	\$59.00	\$75.00
Travel costs	>50km round trip	\$80.00/hr	\$0.65/km	\$0.65/km
Set up fee	\$100.00 per nurse per clinic			

ONSITE HEALTH SCREENING CLINICS - Sourcewell

Onsite Health Screening Clinic Options	Light	Basic	Comprehensive	Premium
	<ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose 	<ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose • Height, Weight, BMI • Waist Circumference 	<ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • Glucose • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk 	<ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • A1C (diagnostic) • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk
Appointments per hour	6	4	3	3
Price per appointment	\$30 (min. 16 Billable)	\$45 (min. 11 Billable)	\$60 (min. 8 Billable)	\$75 (min. 8 Billable)
Set-up fee ¹ (per nurse per day)	\$100	\$100	\$100	\$100

1. Includes: set-up and take-down, coordinator's package, transportation of supplies, and coordination. Parking is invoiced at cost.

2. Travel >50km round trip is \$85.00/hr plus \$0.65/km

*Travel is quoted by clinic.

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca



WORKPLACE HEALTH & WELLNESS

Nurse Health Coaching

What is it?

- Employee meets individually with a registered nurse to discuss their personal health and wellness concerns and goals
- Specific education from the nurse and recommended behaviour change for the employee to mitigate risk on health concerns like:
 - Heart disease and stroke
 - Diabetes
 - Obesity
 - Hypertension
 - Blood pressure
 - Stress
 - Sleep
- Action steps on lifestyle behaviours such as:
 - Physical activity
 - Nutrition
 - Sleep hygiene
 - Drug and alcohol intake
 - Stress
 - Smoking cessation



tel: 1-855-444-0834
email: workplacehealthandwellness@lifemark.ca
lifemarkworkhealth.ca

lifemark 
WORKPLACE HEALTH & WELLNESS

Nurse Health Coaching

On-site or virtual 1:1 health coaching

Appointment Times	15 mins = 4 people/hour	20 mins = 3 people/ hour	30 mins = 2 people/hour
Cost per hour (3 hour block minimum booking)	\$105.00	\$105.00	\$105.00
Quarterly Engagement Report	Included		

tel: 1-855-444-0834
 email: workplacehealthandwellness@lifemark.ca
 lifemarkemployerservices.ca





ONSITE HEALTH SCREENING CLINICS

Help your employees reduce their risk for heart disease, diabetes, high blood pressure and obesity while improving your bottom line.

Every Employee Receives:

- A confidential appointment with a nurse
- Instant biometric results Including:
 - Blood Pressure
 - Cholesterol
 - Glucose or A1c
 - Height, Weight, BMI
 - Waist Circumference
- A results consultation and health improvement recommendations
- Take away health resources, including information from the Heart and Stroke Foundation and the Canadian Diabetes Association

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca

lifemarkemployerservices.ca

Lifemark makes it easy and convenient. Every program includes the following options:

Promotional Materials

Online Registration

Aggregate Reports for Management

lifemark 

WORKPLACE HEALTH & WELLNESS

ONSITE HEALTH SCREENING CLINICS

Onsite Health Screening Clinic Options	Light <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose 	Basic <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • Glucose • Height, Weight, BMI • Waist Circumference 	Comprehensive <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • Glucose • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk 	Premium <ul style="list-style-type: none"> • Blood Pressure • Total Cholesterol • HDL Cholesterol • TC:HDL Ratio • A1C (diagnostic) • Height, Weight, BMI • Waist Circumference • 10 Year Cardiovascular Risk
Appointments per hour	6	4	3	3
Price per appointment	\$33 (min. 16 Billable)	\$47 (min. 11 Billable)	\$62 (min. 8 Billable)	\$78 (min. 8 Billable)
Set-up fee¹ (per nurse per day)	\$100	\$100	\$100	\$100

1. Includes: set-up and take-down, coordinator's package, transportation of supplies, and coordination. Parking is invoiced at cost.

2. Travel >50km round trip is \$85.00/hr plus \$0.65/km

*Travel is quoted by clinic.

tel: 1-855-444-0834

email: workplacehealthandwellness@lifemark.ca

lifemarkemployerservices.ca

Online Health Risk Assessment



Understand employee total health with an Online Health Risk Assessment.

The Online Health Risk Assessment (HRA)* consists of 23 questions that evaluate individual lifestyle behaviours and associated health risks. This survey collects qualitative data around health behaviours like nutrition, drug and alcohol consumption, physical activity, sleep and stress.

Employees receive an immediate report card on their total health

The HRA can be added to any onsite biometric health screening campaign. Employees access their HRA online after completing their biometric screening. The results of their HRA are immediately integrated and viewable with their biometric health screening report card.

How employees will benefit

With an HRA your employees receive a clear and comprehensive picture of their total health. Knowing how their lifestyle behaviours are impacting their health can help empower and motivate employees to make better health choices.

How you will benefit as an employer

An HRA aggregate report helps you identify lifestyle behaviours that can be targeted with wellness program initiatives. Educating and motivating your employees based on the highest area of need maximizes your opportunity to have the largest impact on organizational health.

Pricing

Number of employees	1-100	101-1,000	1,000-5,000	>5,000
Cost per employee* <small>*Cost calculated by access provided not completion</small>	\$6.00	\$5.50	\$4.50	\$3.50
Comprehensive Aggregate Report	\$500			

*Currently only available with biometric screening clinics

Contact us to schedule your onsite biometric health screening today.

Call 1-855-444-0834
workplacehealthandwellness@lifemark.ca