

	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.

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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



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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		

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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

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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.

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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.

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