

2:00 – 2:15 p.m.

FlexPlus solutions for simplified employee benefits

SEB Administrative Services Inc. is a technology company that designs and develops products and services for improved human resources and benefits administration. Its FlexPlus solutions deliver full administration for all benefits plan programs, with a focus on reducing manual workflows to decrease cost, reduce errors and improve the member and administrator experience. In this session, attendees will learn more about SEB's FlexPlus CONNECT TRS, a single sign-on portal that integrates with third-party providers and has an option to add total rewards statements, as well as FlexPlus DIRECT, which offers a modern and intuitive plan member benefits enrollment experience.

Speaker:

Meaghan Cole, vice-president, products and solutions, **SEB Administrative Services Inc.**

2:15 – 2:30 p.m.

The importance of digital health solutions – now and in the future

The coronavirus has disrupted our sense of normalcy, contributing to higher stress levels that have the potential to develop into significant mental-health concerns if left untreated. Morneau Shepell's recent Mental Health Index™ revealed that overall mental health has declined and stress has increased due to the pandemic, demonstrating the need for real-time intervention. This session will focus on the importance of digital mental-health solutions in an increasingly virtual world and how internet-based cognitive behavioural therapy can help Canadians. Highlighting Morneau Shepell's AbilitiCBT™ solution, this session will demonstrate how AbilitiCBT provides immediate support for pressing mental-health concerns, as well as how it can equip individuals with the tools needed to build healthy coping skills.

Speaker:

Nigel Branker, executive vice-president and president, health and productivity solutions, **Morneau Shepell**

2:30 – 2:45 p.m.

The Dexcom G6 CGM system: The future of continuous glucose monitoring is here!

With the Dexcom G6 CGM system, diabetes patients can see their glucose number and where it's headed at a glance, helping empower them to make more informed decisions about their diabetes management. In this session, attendees will learn more about how advanced glucose monitoring technologies, like the Dexcom G6 CGM system, are a major development towards improving the health and productivity of working Canadians with diabetes.

Speaker:

Sarah Blunden, clinical account manager, **Dexcom Canada**

2:45 – 3:00 p.m.

Break

3:00 – 3:15 p.m.

Chronically Simple: Empowering healthier outcomes through technology

Chronically Simple is a comprehensive, health-care management app that alleviates the administrative burden patients and caregivers face as they struggle to effectively manage chronic illness. This user-friendly and secure mobile app empowers patients and caregivers to take control of tracking their health by linking prescriptions and test results to physicians, appointments, expenses and care-team members, giving a truly holistic view of their health care. With Chronically Simple, patients can better advocate for themselves and ensure continuity of care – acting as an essential support tool anytime, anywhere. This session will demonstrate how Chronically Simple can provide unique insights into patient behaviour to improve health outcomes, reduce claims and enhance member experience.

Speaker:

Kristy Dickinson, managing director, **Chronically Simple**

3:15 – 3:30 p.m.

Why sleep is critical to your workplace mental-health and safety strategy

Sleep disorders affect more than 40 per cent of the Canadian adult population and are a significant driver of mental illness, as well as workplace accidents and errors. The productivity cost of insomnia alone – at \$16 billion per year in Canada – is nearly three times that of mental illness. Together with some of North America’s leading experts in the clinical treatment of sleep disorders, HALEO has developed highly effective virtual care interventions that are clinically proven to improve sleep quality and to significantly reduce symptoms of insomnia, depression and anxiety. This session will demonstrate how easy HALEO’s virtual care clinic is to implement and why both employers and employees are such strong advocates of the solution.

Speakers:

Bradley Smith, chief executive officer, **HALEO Clinic**

Julien Heon, vice-president, growth and customer success, **HALEO**

3:30 – 3:45 p.m.

Revolutionizing physical and mental-health care at the touch of a button

Leading up to 2020, virtual care was already on the rise. But the pandemic put a sharp focus on the need for accessible care, when and where patients need it, with the option of receiving care virtually from home. Desjardins Insurance teamed up with TELUS Health to develop a turnkey virtual health-care solution, which gives Canadian employers a way to support employees and their families with 24/7 access to registered clinicians who provide care – both physical and

mental – as soon as it's needed. In this session, attendees will learn more about this platform that plan members can rely on to address a majority of primary health concerns, including: prescriptions, diagnosis, mental-health support, specialist referrals, lab-work requests and more.

Speaker:

Nadeem Rajabali, regional vice-president, group insurance, western Canada, **Desjardins Insurance**

3:45 – 4:00 p.m.

Reframing employee experience through technology

Over the last year, every company had to pivot and adjust to a new, more digital way of communicating and interacting. With all this technology, how did your employee experience fair? Did it decrease, stay the same or were you able to utilize this time to make improvements? This session will review how Sleep Country Canada/Dormez-vous built an employee-centric mobile app to improve employee experience, review lessons learned, utilization and feedback on potential future enhancements.

Speaker:

Alex Chnaiderman, director, total rewards, **Sleep Country Canada/Dormez-vous**
