

live well, for life

MEDCAN



About Medcan

As a leader in integrated, proactive healthcare and wellness services, Medcan offers a multi-disciplinary team of medical experts including primary care family physicians, medical specialists, registered dietitians, psychologists, chiropractors, physiotherapists and fitness trainers— along with the benefit of convenient appointments, coordination of specialist referrals, and specialty testing in areas such as genetics.

Medcan's flagship Annual Health Assessment is a comprehensive, evidence-based and physician-led preventative health assessment that uses the most advanced screening technology available. Within five hours, the regimen of up to 15 diagnostic tests provides a detailed investigation into your cardiovascular health, cancer risk, mental health, nutritional status, hearing acuity, lung function, vision and fitness – and offers patients with same-day insights and a customized health action plan.

Medcan offers different levels of membership for individuals and families to meet their particular health and wellness needs, as well as personalized solutions and programs for employers who want to provide the best-in-class health and wellness programs for their employees and their families.

Located in both downtown Toronto (150 York St.) and in Oakville (2275 Upper Middle Rd.), Medcan is here to help you live well, for life.

To learn more about our services, please contact us at corporatesales@medcan.com.

Toronto Location

150 York St. Suite 1500
Toronto, Ontario
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T: 416-350-5900

Oakville Location

2275 Upper Middle Road East
Oakville, Ontario
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The Workplace Health and Wellness Improvement Cycle

A comprehensive approach with interventions that address multiple risk factors and health conditions at the same time. The model recognizes that the interventions and strategies chosen influence each employee and the organization. This chart outlines the four parts of the cycle:

1. Assessment

- **Employee Level Assessment:** Current Practices, Interviews, Environmental Assessment, Infrastructure
- **Organizational Level Assessment:** Demographics, Health Risk Appraisals, Use of Services
- **Baseline Cost Assessment:** Health Claims Data: Compiling, Analyzing, and Interpreting

2. Planning and Governance

- **Offer Leadership Support:** Appoint a Chief Medical Advisor to lead program
- **Establish Management Structure**
- **Appoint Dedicated staff**
- **Establish Workplace Health Improvement Plan:** Goals, Prioritize Activities, Strategies
- **Dedicated Resources:** Costs, Partners, Vendors, Staffing
- **Develop and implement Communications Plan:** Marketing, Messages, Communications Plan

3. Execution

- **Programs and Services:** Education and Counselling
- **Policies and Protocols:** Organizational Policy Framework
- **Benefits:** Employee Benefits Coverage, Incentives
- **Environmental Support:** Access Points, Opportunities, Physical/Social

4. Monitoring and Evaluation

- **Employee Productivity:** Absenteeism, Presentism
- **Health Benefits Costs:** Quality of Care, Performance Standards
- **Improved Health Outcomes:** Reduced Disease and Disability burden
- **Organizational Change:** Improvement in “Culture of Health”, Morale, Recruitment/Retention, Alignment of Employee Health with Business Objectives

[Medcan's Health and Wellness Strategy Playbook](#)

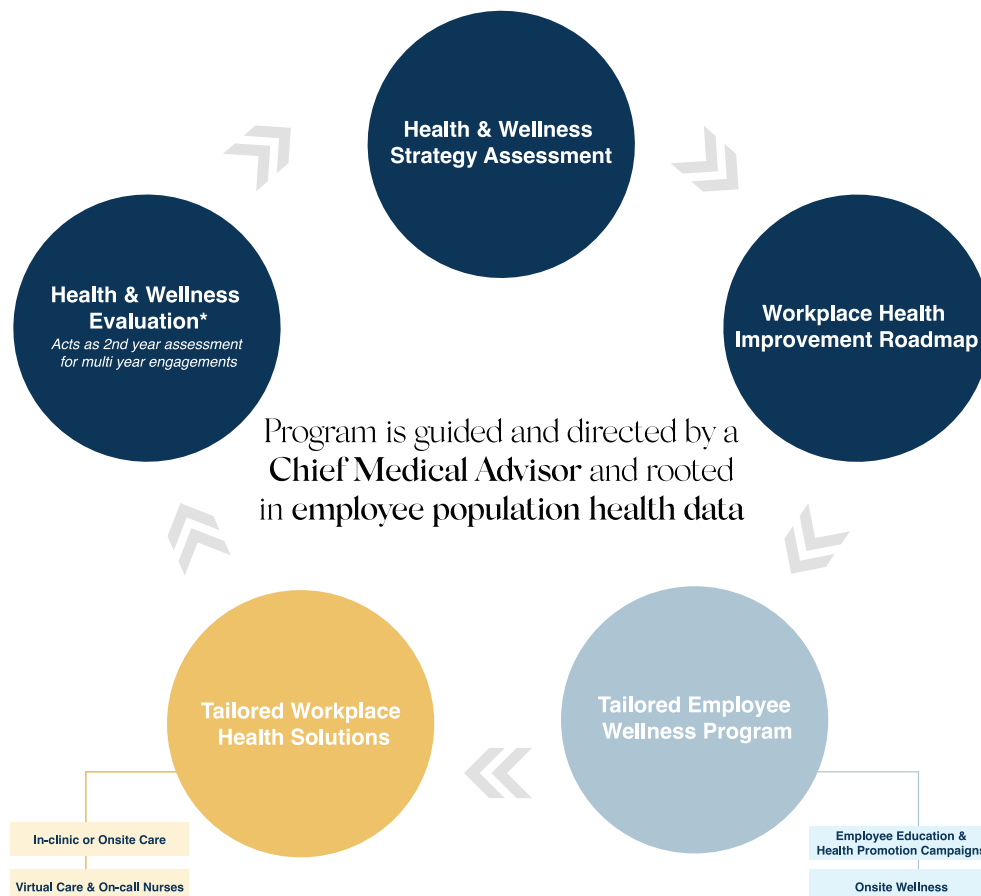
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Introducing Medcan’s Employer Health Programs

The Workplace Health and Wellness Improvement Cycle is at the foundation of Medcan’s **Employer Health Programs**. Our team of Chief Medical Advisors, backed by the wellness experts at Medcan, have the expertise to help you and your organization on your journey to improving the health and well-being of your employees.

With Employer Health Programs, we offer an end-to-end workplace health improvement strategy, including an initial assessment, and a year-end health and wellness evaluation. Based on the assessment we create a workplace health improvement roadmap for your organization that includes a tailored education plan, and the necessary health improvement solutions. We then assist you in delivering on the education and solutions in this roadmap. Finally, the entire program is led and directed by a dedicated Chief Medical Advisor.



[Learn more](#)



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Medcan's Annual Health Assessment

Medcan's flagship **Annual Health Assessment** is a comprehensive, evidence-based and physician-led **health assessment** that uses the most advanced screening technology available.



Nutrition



Cardiology



Fitness



Optometry



Audiology



Mental Health

and more.

Within **five hours**, the regimen of up to **15 stations** provides a detailed investigation into your cardiovascular health, cancer risk, mental health, nutritional status, hearing acuity, lung function, vision and fitness – and offers patients with same-day insights and a customized health action plan.

[Learn more](#)