



# HEALTH CONNECTED

Helping Employers Take a Strategic Approach to Wellness

**Health Connected** is a new group benefits offering that helps employees to better understand and manage their health.

Health Connected provides 24/7 access for personal health tracking, health risk assessment, coaching and challenges.

Health Connected delivers a strategic approach to health and wellness. This employee wellness program goes beyond traditional, often intermittent and fragmented approaches by leveraging the latest in live, digital and mobile health technologies. Powered by MediResource, Health Connected is designed to promote daily engagement and behavioural change which are necessary for measuring meaningful impact on employee well-being and organizational health over time.

# MAKING WELLNESS COUNT

We help organizations take a strategic and 'connected' approach to wellness. Our targeted, ready to launch solution promotes the understanding of daily health habits and enables employees to act on this understanding and better manage their health goals.

✔ **Live biometric screening that is entered into the validated personal health risk assessments.**

✔ **24/7 access to digital health and wellness coaching to address risks, lifestyle behaviours and chronic disease.**

- Cardiac Health
- Diabetes
- Fitness
- Nutrition
- Sleep
- Mood & Stress

✔ **On-demand 'Quantified self' health tracking platform, connects with popular wearable devices and health apps.**

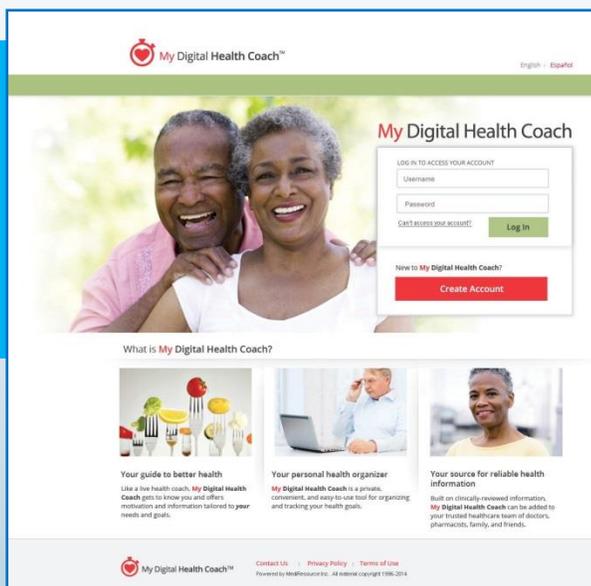
✔ **Managed and ready to launch quarterly health challenges that motivate with fun themes, camaraderie and goal setting.**



# MEANINGFUL AND MEASURABLE IMPACT

Results demonstrate an impact of **\$1,443** in annual savings per employee enrolled in the MediResource digital employee health and wellness program.

- Data on file MediResource Inc.



**88%** said it was engaging  
**64%** gained new insights  
**67%** were more motivated

Organizations are beginning to recognize and acknowledge the tangible benefits of their wellness programs, reporting "harder" and more measurable results from their efforts, more than ever before.

- 2013 Sun Life-Buffer National Wellness Survey



## WHO WE ARE

- MediResource is the leading provider of digital employee/patient health and wellness programs in Canada for over 20 years.
- Wellington at Work provides health screening clinics that identify at risk employees that may not otherwise be identified. This is the first step in initiating change. It is our goal to assist employees to prevent disease and take the first pro-active steps to a healthier life.
- We deliver strategic and cost effective health and wellness solutions for leading insurers, and Fortune 500 companies. To see our client list visit [www.mediresource.com/aboutus](http://www.mediresource.com/aboutus).

## WHAT MAKES US DIFFERENT?

- ✓ We provide a dedicated wellness solution, accessible to employees 24/7 using their smart phones, tablets or laptops.
- ✓ We enable companies big or small the opportunity to provide employees with a health and wellness solution that promotes daily engagement.
- ✓ Our solution connects with over 120 different popular health tracking devices and apps. Employees can track sleep, nutrition, blood glucose, heart rate, fitness and mood.
- ✓ We deploy, manage and promote employee health challenges that motivate and connect personal health goals with fun themes.
- ✓ Our reporting platform delivers strategic and measurable analytics on employee engagement and aggregated data on organization health.

# PROGRAM OVERVIEW

We deploy and manage your program, providing reporting metrics to help make informed decisions about organization health and group benefits.



Accessed through a branded and secure client portal

1

Live and Private online health assessment

2

Personalized insights & behavioural modelling

3

Targeted actions & learning



Daily engagement through Personal Health Tracking and Coaching



*People are your greatest asset...let us help you keep them healthy*