# Executive medicals

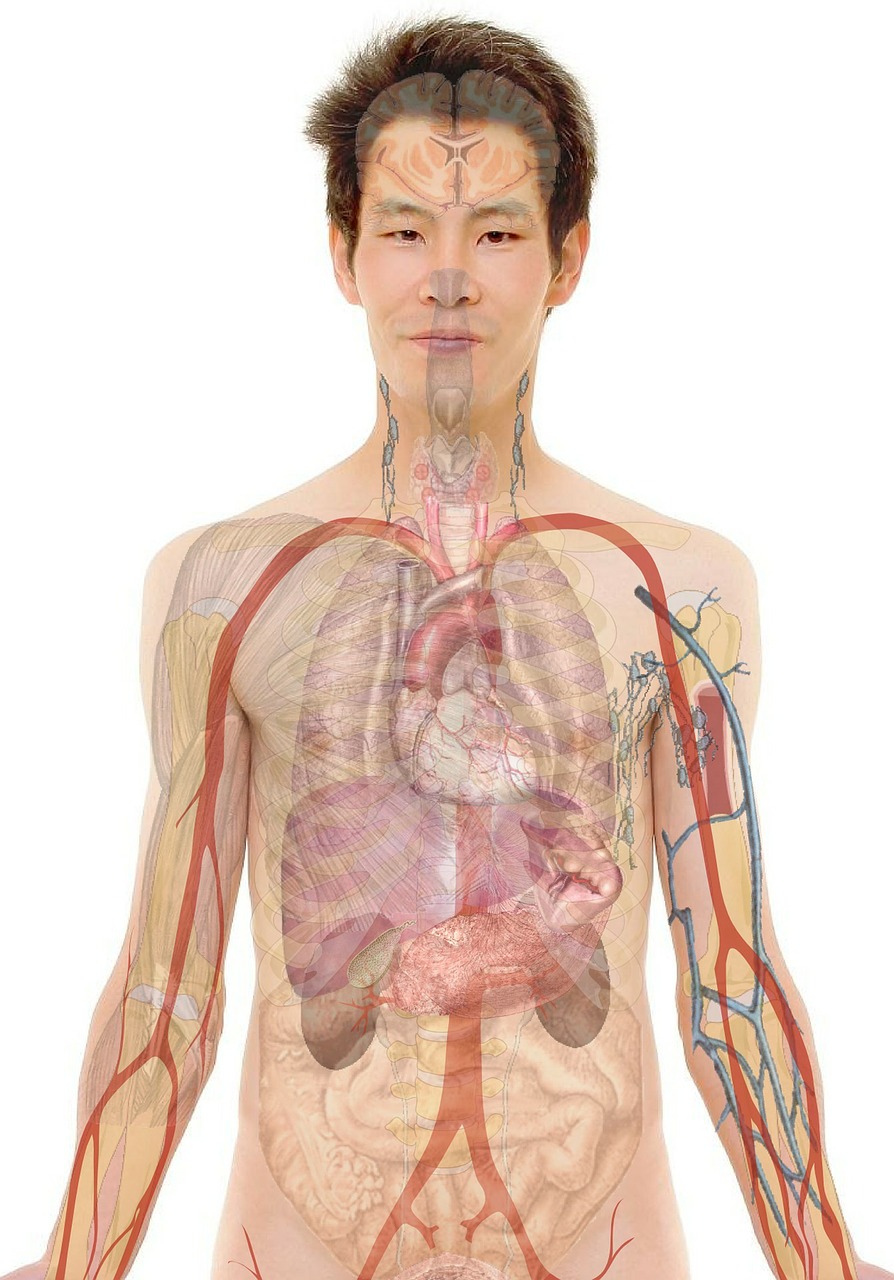
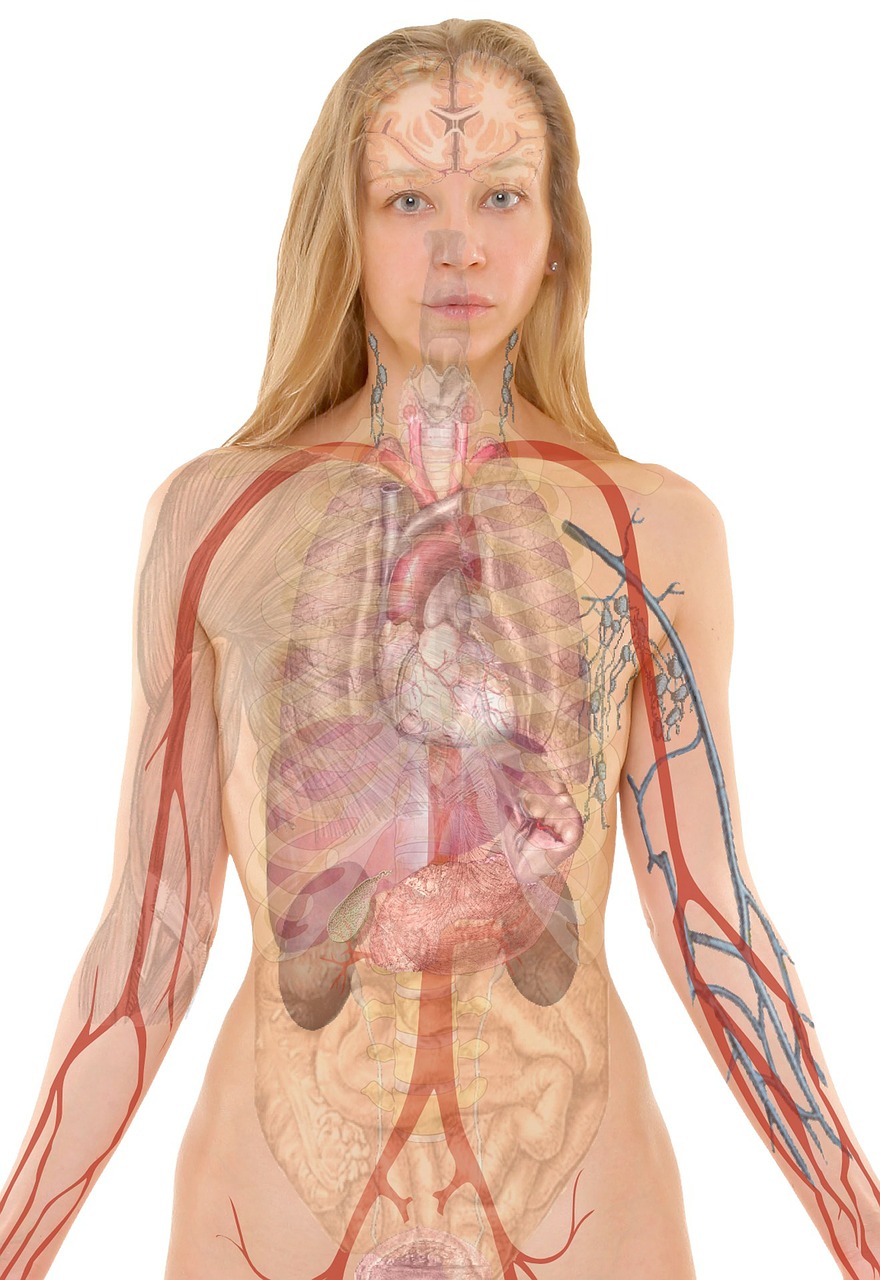
The Benefits Alliance understands that prevention is essential to your quality of life. By improving your general state of health and addressing issues before then become a critical illness, Executive Medicals offer you the benefits of healthy living. Our preferred rates are up to 30% off the regular rates at various clinics.

Did you know that research focusing on executives revealed that many had high cholesterol, a high body mass index, high blood pressure and high glucose levels?

12 months following an initial visit, active members can access a clinic’s onsite health and wellness programs as well as urgent care services. Should urgent care be needed, direct contact with an Executive Health Physician is encouraged.

#### How much do unhealthy employees impact business? Consider the statistics below:

* Canadian employees with two or more lifestyle risk factors (i.e. being sedentary, being overweight or obese, smoking, or high alcohol intake) are absent over 50% more often than those without the risk factors, and cost their employers 2-3 times more in health benefit costs.



* A typical smoker costs their employer $2,500/year (on an annualized average basis).
* The number of days lost from work due to illness among individuals with diabetes can equate up to 78.5 days per year.
* Each year, employee absenteeism equates to an estimated $16 billion or more in direct lost revenue to Canadian employers.
* Employees returning to work after a significant illness are more than likely to require ergonomic support.
* The total cost of obesity to Canadian employers is about $1.3 billion per year.
* There is a linear relationship between obesity and number of workers’ compensation claims, lost workdays, medical claims costs, and indemnity claims costs.
* Overweight and obese employees spend 35% more on health services and 77% more on medications than their healthy weight counterparts.

*SOURCE - Medisys: https://blog.medisys.ca/roi-of-wellness*

### Medcan [www.medcan.com](http://www.medcan.com)

Your Health Assessment gives you a complete picture of your current health. It also helps identify risks you may face in the future, so you can begin to proactively manage your health.

During a 5-hour visit, your assessment includes up to 15 diagnostic tests tailored to your needs, conducted in our comfortable clinic. With our on-site lab, your test results are provided the same day, so you can review them with a Medcan physician during a private consultation at the end of your visit.

This consultation is one of the most valuable aspects of the Annual Health Assessment. During this time, you and your physician will discuss areas of health that can be improved upon through changes in lifestyle, as well as those that may require further medical attention.

Our Annual Health Assessment represents a thorough head-to-toe evaluation that goes deeper and broader than any other yearly check-up. If better health is your goal, the Annual Health Assessment is the foundation on which it is built.

### Medisys [www.medisys.ca](http://www.medisys.ca)

Take advantage of comprehensive testing in one 3- to 4-hour visit. You engage with your physician for a full hour, meet with a nutritionist for an hour to adapt your eating habits, have a complete fitness assessment and undergo a battery of tests to screen for cardiovascular disease and cancer.

Our protocols have been built differently so you can rest assured that you will always be tested for only what you need. We provide you with a feedback booklet that not only displays your results graphically year over year, but that also compares your results to national averages. Typically, our clients want comprehensive service that’s simple, efficient, convenient and clear. They want to take the time to discuss their health concerns and receive top-notch professional advice.

Your support doesn’t end with your preventive health assessment. Medisys also manages follow-ups and referrals to specialists should any be needed. For additional support throughout the year, please refer to our MedisysOne program.

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| **RATES for 1-10 Executives:**  *(volume discounts available)* | **Starting at $2,445 per person\***  Regular Rate: $3.095  *(Toronto location rates)* | **Starting at $1,900 per person\***  Regular Rate: $2,250  *(Toronto location rates)* |
| **Contact Info:** | **Amr Galal**  P: (416) 350-7725  E: amrgalal@medcan.com | **Tanja O'Hanlon**  P: (416) 558-8499  E: tanja.ohanlon@medisys.ca |
| \*Executive Medical rates were updated February 2018.REMINDER: Please mention your Benefits Alliance member status when booking appointments. Rates are subject to change without notice. | | |