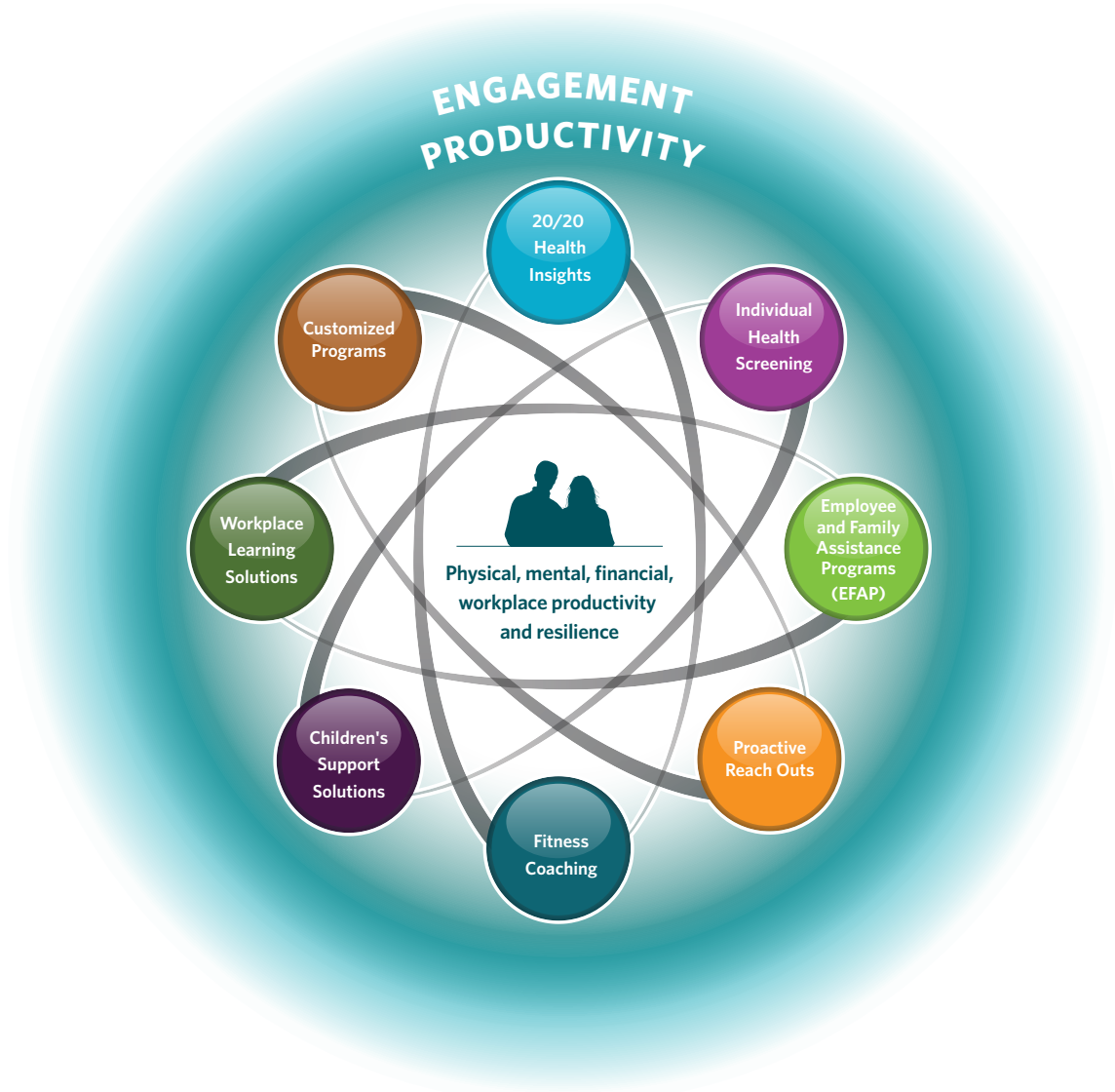


TOTAL HEALTH SOLUTIONS

Healthy, productive and engaged employees drive organizational performance and success. Total Health Solutions is a holistic approach to organizational well-being.



ENGAGING EMPLOYEES

It starts with support; more than compensation and advancement opportunities, employees want to feel supported by their organization.

Engaged employees are more productive, loyal and perform better during challenging times; they have the ability to transform an organization – and society.

Shepell is the only provider that offers a robust, holistic suite of employee support – Total Health Solutions; integrative programs and services that work together and create a solid foundation for employee and organizational well-being.

REAL-TIME RESULTS

Measurement – a return on investment – is important to you and us. That's why within each element of our Total Health Solutions, we collect data that is meaningful to your organization and make it available to your leaders anytime, in real-time via a unique online dashboard.

You can confidentially view and interact with the secure holistic profile and results of your organization's health and wellness strategies, and programs and services. Your employees have access to their own personal online dashboard too – their private hub of activity, progress and results.

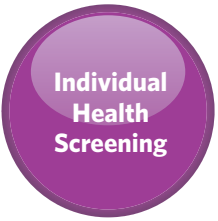
THE TOTAL HEALTH SOLUTIONS ELEMENTS



measures four pillars that are key to overall health and well-being; physical, mental, financial, and workplace productivity and resilience. The confidential online assessments identify areas of health risk, and the report provides recommended support and actions for both the individual and the organization - making it easier to focus in on specific wellness strategies and decisions.



programs are designed to help participants understand and improve physical and mental health through education, behaviour change, and fitness! Fitness Coach Connects is an accessible way for individuals to get started with fitness or manage their weight. Team Fitness Works offers organizations a complete fitness solution for their employees and workplace. Our solutions use a proven combination of technology and coaching.



can be used by employees in the privacy of their own homes. Through blood analysis, an individual learns their numbers for glucose, cholesterol and more. Organizations receive an aggregate report identifying areas of risk within their workforce population. The results of the Individual Health Screening also provide accurate numbers for employees to use in our 20/20 Health Insights.



provides screening, assessment, and support for children who experience difficulty with development, learning and behaviour. Through a unique multidisciplinary approach, we help parents, educators and children with convenient access to our team of experts in development, behaviour and education. Services are available at our clinics nationally or on-site at schools or childcare facilities.



are confidential and voluntary programs designed to help employees and family members resolve work, health and life concerns anytime, anywhere. An EFAP offers barrier-free access to short-term professional counselling, parenting resources, programs for stress management and relationship enhancement, legal advice, and much more.



focuses on the health, financial security, family management and career development for your people and organization. Through an extensive range of learning solutions, your organization can educate your workforce, build resilient teams and resolve critical workplace challenges.



is an innovative concept; your employees receive support in real-time, as important life events happen, such as having a baby or celebrating a 50th birthday. Customized resources and expert advice arrive confidentially in kit format to employees at their homes.



support unique workforce situations and challenges. Our 30 years of experience in workforce health and productivity means we have programs that provide a full spectrum of customized support to assist with mental health challenges including depression, addiction and substance abuse, unique employee populations like expatriates and remote work forces, and life stage changes.

EXPERTISE, INSIGHT, RESULTS

Your organization can now work with one trusted provider for all of your employee health and wellness strategies and solutions. By partnering with Shepell, you're working with the leaders in workforce health and productivity. That means expert insight, meaningful data and results.