

Workplace Health & Wellness



45,000 People



1300 Locations

Over 45,000 participants screened in 2023 in more than 1300 locations across Canada

Biometric Screening - Testing for a Healthy and Happy Workforce

Biometric screenings will provide your employees with vital health information. In 15 to 20 minutes, depending on tests selected, we can complete a wide range of standard health screenings which can include:

- Full Lipid Panel (Cholesterol, LDL, HDL, Triglycerides)
- Total Cholesterol
- Blood Glucose
- HbA1c
- Blood Pressure
- Body Composition (Height, Weight, BMI, Waist Circumference, Body Fat Percentage)

Conveniently delivered on-site, the screenings provide immediate feedback about your employee's risk for hypertension, cardiovascular disease, diabetes and other conditions. Your employees will also receive quality 1:1 health education on their identified risk factors.

The screening experience can be a powerful motivation towards positive lifestyle changes.

Our Biometric Screenings Include:

- **Individual Results**
Each participant will receive a wallet card with their personal results along with a health education pamphlet explaining each test.
- **Dedicated Service Coordinator**
Your coordinator will guide you through the successful implementation of your program and tailoring the event to your unique needs.
- **Appointment Scheduling**
Customizable and branded online scheduler for registration of your employees.
- **Expert Health Education**
1:1 health education and coaching on identified risks for every participant.
- **In Depth Reporting**
Comprehensive aggregate screening results and satisfaction survey reporting.
- **Marketing Materials**
We can provide you with sample marketing flyers and email blast to increase participation.
- **National Coverage**
- **Bilingual Services**
- **Data Transfer Capabilities to a 3rd Party**

Satisfied Customers

97%



97% Overall Participant Satisfaction

1-855-444-0834
workplacehealthandwellness@lifemark.ca
lifemarkworkhealth.ca

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Flu Immunization Clinics

Workplace hosted on-site flu immunization clinics are a cost effective way to make getting the flu shot easy and convenient for your employees. Additionally, you will mitigate your risk of having the flu spread through your workforce, save on employee sick days, and increase productivity.

Our all-inclusive pricing includes nursing staff, vaccine, supplies, consent forms, online registration and a dedicated service coordinator. Both privately purchased and publicly funded vaccines options are available. Ask about the advantages of the private option.

Skin Cancer Screening

Skin cancer poses significant risks to your health and well-being. Prolonged exposure to ultraviolet (UV) radiation from the sun can damage the DNA in your skin cells, leading to uncontrolled growth and the development of cancer. If left untreated, skin cancer can spread to other parts of the body, potentially becoming life-threatening.

It's crucial to prioritize regular skin cancer screenings, adopt sun-safe behaviors, and seek immediate medical attention if you notice any unusual changes on your skin. Early detection and preventive measures are paramount in minimizing the risks associated with skin cancer.

The Skin Cancer Screening clinics provide an opportunity for participants to undergo screenings with the knowledge of a physician and understand their health risks.

Lifemark is here to help you organize and deliver a successful clinic. Service available in ON and QC.

Health Coaching

Additional one on one health coaching following a health screening event is always a good idea to keep employees engaged and focused on achieving their personal health goals and reducing their overall risks. Health coaching can be organized either by telephone with each participant or as an in-person follow-up on-site event. Talk to your coordinator for your options.

Health Education Seminars

Each health seminar is designed to increase awareness of factors that affect employee health. We offer a wide range of topics in an effort to meet your needs. If you are looking for a specific topic and it does not appear in our list, please let us know and we will do our best to accommodate your request.

Topics Covered

Healthy Lifestyles

- Fitting in Fitness
- Healthy Hearts
- Diabetes Awareness
- Managing your Allergies

Nutrition and Healthy Eating

- All About Compromise
- Cutting the Fat
- All About Cholesterol

Emotional Health and Wellbeing

- Managing Stress and Achieving Balance
- Stress Takes a Big Bite - Management Level

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Healthy Lifestyle Changes



75% of participants reported that they will make lifestyle changes in the coming months as a result of the screening results.

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