

Live well, for life.

MEDCAN



About Medcan

As a leader in integrated, proactive healthcare and wellness services, Medcan offers a multidisciplinary team of medical experts including, but not limited to; primary care physicians, dermatologists, registered dietitians, psychologists, chiropractors, physiotherapists, and fitness trainers— along with convenient appointments, coordination of specialist referrals, and specialty tests in areas such as genetics.

We have helped over 1,500 businesses just like yours bridge the gap between traditional benefits plans and the health and wellness needs of employees.

Our customizable employee health solutions can provide your employees with the support needed to achieve their best while helping to deliver better outcomes, improve attraction/retention, lower absenteeism, and decrease turnover costs.

To learn more about our services, please contact us at EmployersAndGroups@Medcan.com

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Collingwood

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Annual Health Assessment

The Annual Health Assessment is an evidence-based, physician-led analysis of your current health as well as your future risk for developing disease.

Leveraging the latest technology and up to 15 screening tests, including detailed investigations into your cardiovascular health, mental health, nutritional status, hearing acuity, vision, and fitness – you receive same-day test results, insights, and personalized recommendations.

A health and wellness deep dive

The ultimate proactive health-management tool, Medcan's Annual Health Assessment goes deeper and broader than your standard annual physical. This is the most comprehensive health assessment you'll find performed on site in a single visit.

Designed to be experienced every twelve months, the Annual Health Assessment can highlight your personal health trends and maximize the opportunity for early detection of significant health problems, such as cancer, heart disease, or diabetes.



Women's Health

Medcan's **Menopause and Perimenopause Program** delivers a high-touch, comprehensive level of service aimed at women aged 45 to 60 experiencing symptoms related to menopause or perimenopause.

This customized, 6-month long, evidence-based program is medically supervised by a women's health physician who is TMS (The Menopause Society) certified to improve symptoms and overall wellness.

Hormone treatment can be a part of this program and is closely monitored. A variety of other options, including non-hormonal treatment, are also available to help manage menopause and perimenopause symptoms.

Men's Health

Medcan's **Men's Hormone Health & Vitality Program** is a completely personalized, medically supervised, three-month program designed for men aged 40 and up, who have been experiencing a decline in energy or noticing that they don't feel as healthy as they would like.

This program was created to identify the cause of symptoms like chronic fatigue, reduced libido, anxiety, depression, low motivation, erectile dysfunction, urinary health issues, and poor sleep.

The three-month program begins with an in-depth assessment to establish a baseline picture of an individual's health. This includes a physical exam, specific blood analysis, Carotid Intima Media Thickness imaging to detect potential cardiovascular risks and a lifestyle questionnaire. Based on the results, a customized treatment plan will be created to help address and manage symptoms.

Employer Health Programs

Employer Health Programs empower organizations to invest in themselves, by improving the health and wellness of their workforce. Looking after employees is becoming an expectation for stakeholders.

Medical Advisory Services

Advising employers to make educated decisions about the health and wellness of their workforce through the support of a dedicated Chief Medical Advisor.

Employee Wellness

Education workshops, health promotion campaigns and onsite wellness activities to empower employees and encourage healthy habits.

Workplace Healthcare

Bringing tailored, onsite clinical healthcare services to the workplace. This can include onsite primary care services – and onsite nursing services such as flexible flu and other vaccine clinics.

Memberships

Our annual membership options offer convenient **same or next day appointment availability** with a Medcan physician, in person or virtually.

Year-Round Care

Our Year-Round Care membership offers convenient medical care from our expert team of physicians and nurses for urgent and episodic health needs, like fevers, aches, and pains.

Dedicated Care

Our Dedicated Care membership provides highly personalized, convenient, ongoing primary care delivered by a personal physician with the support of a centralized clinical team that can book appointments, provide clinical advice, and coordinate referrals.

M Care

M Care is Medcan's premium membership that provides you with a proactive, highly personalized level of care with a devoted medical team that combines your medical needs, genetics, and insights to foster healthy living, reduce your risk of disease, and give you complete peace of mind.