



Before employees' health takes a turn, they should have a team to turn to

Meet the Health Coaching team

Employees who are at risk for or have existing chronic conditions like diabetes, cardiovascular disease, or obesity can benefit from support and guidance. So can those who are simply looking to improve their overall health and prevent chronic disease. The Health Coaching program offers one-on-one coaching from a unique network of pharmacists, nurses, and dietitians to guide employees toward a healthy lifestyle.

With a team by their side, employees and their families can achieve sustainable behaviour changes to prevent and manage chronic conditions and improve overall health and well-being. Employers benefit from more engaged and supported employees and a reduction in costs to their benefits plan.

Health Coaching supports employees through:



**ASSESSMENT &
CARE PLANNING**



**HEALTH
EDUCATION**



**GOAL
SETTING**



**NUTRITION &
EXERCISE COACHING**



**PROGRESS
TRACKING**



**MEDICATION
COUNSELLING**

When employers choose Health Coaching from Health Solutions by Shoppers™, they can expect:

NATIONWIDE AVAILABILITY

To support employees no matter where they live

TARGETED EMPLOYEE CAMPAIGNS

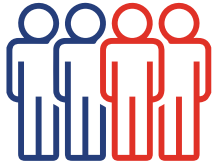
Engage employees who need the most help

DEDICATED ACCOUNT MANAGER

Ensures smooth onboarding and program implementation

...and much more!

Because chronic conditions come to work



51% of employees are not following nutritional guidelines



More than half (58%) of employees have been diagnosed with at least one chronic disease or condition¹



38% of employees with chronic conditions miss work or find it harder to do their job¹



80% of cases of heart disease and diabetes can be prevented by lifestyle changes (diet, physical activity, reducing stress, etc.)²

Between diagnosis, check-ups, and overall health management, the healthcare system may not offer continuous care and guidance to individuals to manage or prevent chronic conditions, or for overall healthy habits and lifestyle changes. This gap in the healthcare system ends up bringing productivity down and benefit costs up. Health Coaching is as much of a business tool as it is a workplace tool.

Impact of chronic conditions in the workplace	How Health Coaching can help
39% of employees take time off for healthcare appointments ³	Easy and convenient consults take place by phone, video, or chat, reducing out-of-office time
Over 20% of drug spending is for diabetes and heart disease ⁴	To help employers get the most of their benefits spend, the Health Coaching team supports employees with continuous care planning and sustainable changes to prevent or manage their conditions and overall health
84% of employees with chronic conditions feel they need more information and support ³	<p>The Health Coaching team works with employees to:</p> <ul style="list-style-type: none"> • Set achievable goals • Provide lifestyle counselling (e.g., diet and exercise) • Create action plans • Monitor progress <p>Employees are given the tools that enable them to take control of their health and help keep them engaged at work</p>

How it works



INTAKE

- Short questionnaire to establish employee's needs



CONSULTATION

- One-on-one phone, video, or chat with a nurse who helps create a plan (all consultations are 100% secure and confidential)



GOALS AND MONITORING

- Follow-up consultations with pharmacists,* nurses, and dietitians
- Employees continue to learn about their health and set goals

Take action to support employees' health and well-being now and long into the future.

To learn more about Health Coaching, please contact our Business Development Team at saleshealthsolutions@shoppersdrugmart.ca.

References:

1. The Sanofi Canada Healthcare Survey. 2020. 2. Public Health Agency of Canada. 2011. 3. The Sanofi Canada Healthcare Survey. 2018. 4. Express Scripts (2018). Express Scripts Canada Drug Trend Report 2018.

* In Quebec, any pharmacist consultation will be the responsibility of the pharmacist-owner chosen by the user.