



Corporate Health: WS 365 (Wellness Santé 365) – Advantage Our Executive Health Navigation Program

WS 365 – Advantage is our **Executive Health Navigation Program**.

For us, *Executive Health* refers more to the **quality of care** provided, rather than the employment category of the recipient. It is appropriate for all types of individuals who want this type of care.

We have offered executive health programs for more than two decades, and we are happy to offer this **updated program incorporating telemedicine and connected health**.

Like all our programs at Westmount Square Health Group (WSHG), Executive Health is offered at various membership levels (1 – 4). When we make an agreement with a company to offer our program to their employees, a physician is assigned to the group, to attend to any medical needs that arise.

The first level of membership is called ***Joining the Community***. This is a dynamic and growing community of patients who are affiliated with the WSHG, all of whom are invited to become members. The program runs on our own newly created digital application, called **HUMA+**. This app includes a variety of essential functions to help patients and health professionals, including secure messaging (no more emails!), videoconferencing in the app, file sharing, syncing health apps and devices, and access to information on a range of topics within several key Themes (Weight Control, Pain Management, Emotional Balance, and Healthy Aging).

As our members move up from level 1 (Community), to levels 2, 3, and 4, they add more support of different types.

At level 2 the individual gains a ***Health Navigator***, someone who follows them throughout the year and helps evaluate their healthcare needs. The health navigator is our Pharmacist, an important member of our healthcare team, who conducts the first interview with the individual, to review current conditions and treatments and to arrange for additional interventions (e.g., referrals to physicians).

Our approach takes into consideration the whole family, and we offer discounts for family members who want to join. We also provide for Caregivers (e.g., children of elderly parents) to more easily interact with the healthcare team of the person (e.g., the elderly parent). We encourage our members to learn how they can use HUMA+ to better support a loved one in need. The pharmacist-health navigator helps



educate the person about different options for themselves and their loved ones, and assists them to make good use of the HUMA+ app.

Level 3 is **Group Programs**, which are specialized programs addressing our key themes. These groups are led by multidisciplinary teams (e.g., dietitian, kinesiologist, psychologist) and help people achieve specific goals, such as better **weight control**, coping with **pain**, finding **emotional balance**, or maintaining a **healthy lifestyle as we age**, while interacting with others who have similar concerns (adding an important social support component). The person is also followed by their health navigator.

Level 4 is a multidisciplinary **Individual Program**, providing the greatest personalization and individual attention, for people who are highly motivated to achieve significant changes in health and well-being. The team works with the individual to find the formula that works best.

In the executive health navigation program patients may also be seen by a physician, although this may not be necessary every year in all cases. The individual, with the aid of the health navigator, will determine their medical needs. Medical evaluation also makes use of our app, allowing us to improve the efficiency of the doctor-patient encounter, by using it to share and complete all necessary pre-appointment forms, to review any health data the person has collected on our app, and to share reports. Meetings with doctors can very often be conducted by videoconference (with our app), or in the clinic, depending upon need, preference, and the state of the pandemic.

Here are the main components included in our **WS 365 – Advantage** Program (price range depending on levels of membership at any point in time):

- All members have use of the **HUMA+** application
- Level 2 members will be assessed and followed by our Health Navigator
- Consultation with a physician (covered by public provincial health plans), as needed,
- Blood tests and urinalysis, as required,
- Personal reports accessible through the **HUMA+** app,
- Video consultations – all meetings, except those requiring a physical test or intervention, may be conducted at a distance (phone or video),
- Online appointment scheduling,
- Collect and share health data through the app,
- Connect health devices and other applications,
- Health education material shared on the app,
- Option for Level 3 groups and Level 4 individual programs.



Additional services for our members may include (à la carte, at discounted prices):

- Resting electrocardiogram (EKG) and a stress electrocardiogram (STRESS TEST) interpreted by a cardiologist;
- Abdominal ultrasound, if deemed necessary by the physician;
- Physical fitness assessment;
- Nutritional evaluation;
- Psychological assessment.

Prices:

Level 1 - \$100 set-up fee per employee (lifetime membership fee), paid upon registration

Level 2 - \$240 yearly, plus fees for tests if deemed necessary (a la carte)

Level 3 - \$120 per month, or \$1200 paid yearly

Level 4 – biweekly sessions - \$185/month, or \$2050 paid yearly

– weekly sessions - \$325/month, or \$3600 paid yearly

Plus fees for additional optional services.

For further inquiries regarding the **WS 365 – Advantage** Executive Health Navigation Program, please contact Viviana Parodi at 514-737-3360, or info.humaplus@gmail.com.