

creating a

# Healthy Workforce



## Outline:



1. High Point Wellness Centre Profile

2. Corporate Wellness

- i) On-site Health Services
- ii) Wellness Programming
- iii) Consulting Services

creating a

# Healthy Workforce

## High Point Wellness Centre Clinic Profile:

### Mission Statement

To care for, educate and inspire our patients in their journey towards optimal health.

*A dedicated team of health professionals -  
An integrated model of care*

## High Point Wellness Centre Clinic Profile:



- located at 5110 Creebank Road, Mississauga, Ontario
- founded in 1977
- member of the Health and Safety Innovation Centre (CHSI)
- family based practice
- multi-disciplinary team approach
- on-site satellite corporate clinics
- state of the art modern facility
- electronic patient records



creating a

# Healthy Workforce

## High Point Wellness Centre Clinic Location:



“a focal point for innovation and applied learning in the prevention and elimination of workplace injuries and illnesses” - Maureen Shaw, IAPA President & CEO

founding partners:



[highpointclinic.com](http://highpointclinic.com)



creating a

# Healthy Workforce

High Point Wellness Centre

## Health Services:



- Chiropractic
- Acupuncture
- Active Release Technique TM
- Naturopathic Medicine
- Physiotherapy
- Nutritional Counseling
- Fitness Training
- Yoga Classes
- Fitness Boot Camp
- Registered Massage Therapy
- Custom Orthotics

creating a

# Healthy Workforce

High Point Wellness Centre

## Corporate Wellness Services:



Creating a tighter linkage between the personal responsibility of the **employees** and the performance of the company.

creating a

# Healthy Workforce

High Point Wellness Centre

## Corporate Wellness Services:

1. On-site Health Services
2. Wellness Programming
3. Consulting Services

## High Point Wellness Centre

# Corporate Wellness Services:

### **1. On-site Health Services**

Set-up an on-site wellness clinic designed to provide access for all employees to a primary health care team for on-site consultation and treatment.

### **2. Wellness Programming**

To provide the latest health information and research in a manner that motivates employees to experience the benefits of preventative health care and the practice of a healthy lifestyle.

### **3. Consulting Services**

To provide health consulting services to employees and healthy workplace consulting services to the company.

creating a

# Healthy Workforce

## High Point Wellness Centre Corporate Clients:



**THE GLOBE AND MAIL** 



## High Point Wellness Centre

# Corporate Wellness Services:

### 1. On-site Health Services

- Multi-disciplinary team of High Point Health Practitioners
- All services are billed directly to employee and/or directly billed to third party insurance
- Practitioner's carry required liability coverage
- Wellness Centre space requirement depends on size of employee base and services offered. (private office or small boardroom can be converted to a wellness space)

## High Point Wellness Centre

# Corporate Wellness Services:

### 1. On-site Health Services

#### *Role of on-site Health Team*

- Provide accessible health services
- Provide current health and wellness content delivered in a monthly lecture series
- Coordinate necessary referrals (EAP, ergonomic primes, etc)
- Work with on-site Fitness Centre staff (if available)
- Participate in department meetings as required
- Monitor modified return to work strategies
- Support existing ergonomic programs
- Participate in Health & Safety meetings as required
- Provide content for Wellness boards
- Collection and Analysis of health and wellness statistics

creating a

# Healthy Workforce

High Point Wellness Centre

## Corporate Wellness Services:

### 2. Wellness Programming – Sample Seminars

- Achieving Optimal Health
- Stress Resilience
- Increasing Your Energy
- Boosting Your Immunity
- Healthy Ergonomics: Staying Healthy in a Computer-based Environment
- Cholesterol: *The Good, the bad, the ugly & the truth*
- Nature Vs. Nurture: How genetics and environment shape who you are
- Corporate Weight Loss Challenge
- Eating on the GO!
- Increasing your Metabolism
- Managing Headaches
- Staying Healthy for the Holidays

*Detailed seminar outline available upon request*

creating a

# Healthy Workforce

High Point Wellness Centre

## Corporate Wellness Services:

### 2. Wellness Programming – Additional Services

- Employee Wellness Screenings (Blood Pressure, Cholesterol, Glucose, BMI testing)
- Flu Clinics
- Fitness Boot Camp
- Yoga Classes
- Weight Loss Challenge
- Fitness Classes – exercise ball, flexibility, core strengthening, self defense
- Walking and Running Clubs
- Personal Training
- Chair Massage Treatment
- First Line Therapy

*Detailed information regarding programs available upon request*

## High Point Wellness Centre

# Corporate Wellness Services:

## 2. Wellness Programming – “Wellness Breaks”

As you plan your meetings, consider including ‘wellness breaks’ led by High Point practitioners. These ‘breaks’ promise to:

- Re-charge your team for their next session
- Engage attendees in health and wellness education
- Reward and surprise your staff as you work through your meeting agenda

Breaks can include any of the following:

Wellness Lectures, Hot health topic discussions with practitioners , Chair massages  
Exercise-chair classes, Gait scans, Healthy Eating workshops, Body Composition  
analyses, Acupuncture Demonstrations

We can also create custom sessions based on your interests.

## Testimonial: JTI Macdonald

*"JTI-Macdonald Corp. started working with Dr. Chapin and the High Point Wellness Centre in 2007 to manage its Wellness Program for employees. For the past three years, HPWC has provided us with an impressive array of workshops, classes, and health & wellness services to choose from. JTI employees very enthusiastically attend HPWC's flexibility and exercise ball classes, massage therapy sessions and monthly lunch & learn workshops. The HPWC team is professional, approachable and accessible whenever we need them.*

*At JTI, we're committed to helping employees achieve work/life balance, and the Wellness Program plays an important role in this. Employee participation in the classes and workshops held by HPWC has steadily increased since JTI introduced its Wellness Program three years ago, and feedback has been overwhelmingly positive. We're now looking forward to using HPWC to introduce the Wellness Program to other JTI locations across Canada."*

## High Point Wellness Centre

# Corporate Wellness Services:

### 3. Consulting Services



- Musculoskeletal Disorder (MSD) Prevention Programs
- Injury Prevention Programs
- Ergonomic Evaluation
- Health & Wellness Workshops
- Employee Surveys
- On-site Health Services
- Claims Management Liaison
- Wellness eNewsletter

creating a

# Healthy Workforce

*an integrated approach*



30 years experience

multi-disciplinary  
health care

custom programs

on-site clinics

Serving our community for over 30 years

creating a

# Healthy Workforce

High Point Wellness Centre

## Contact Information



High Point Wellness Centre  
Centre for Health & Safety Innovation  
5110 Creebank Rd. Suite 700  
Mississauga, Ontario  
L4W 0A1  
T 905-624-0233  
F 905-624-0881

Clinic Director:  
Dr. Dwight R. Chapin, B.Sc., D.C., ACO