

## **Open Programs**

Our 'Lunch and Learn' program is designed to provide education and information for employees to start making changes towards better health. These talks are offered in our clinic during lunch hour. They are drop in and free to all participants.

In addition, we offer naturopathic and auxiliary services, such as massage, which make use of your employees existing health benefits. These services are uniquely designed to benefit participants.

Our medical services focus on chronic illness and health concerns but then expand to look and treat the underlying causes.

Through lifestyle, nutrition, and personalized treatment protocols, your employees will find new energy and vitality.

## **Targeted Programs**

These programs are prepared by us to specifically target and address health and wellness within your organization. Working with your Health and Safety department, we can tailor programs to fit your specific needs and again, making use of your employees existing benefits.

## **Our Philosophy**

We believe that the best place to begin lifestyle changes is the very place where you and your employees spend most of their time: the workplace.

Together we will work to help create a culture of healthiness which first

restores health and then helps maintain it for years to come.

We look forward to being an integral part of your organizations well being.

### **Contact us:**

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## **Corporate Wellness:**

### **Expeditions™**



## **Barriers to Health**

At first glance, as Canadians, our greatest barrier to living a healthy life seems to be one of simple will-power (for more than 60% of us!) However, further examination provides a better picture of why we lack the will power to make healthy changes in our lives. Of course money remains one of the biggest obstacles, but others include lack of knowledge, time, and access to services. And for over a quarter of us – an existing health condition stands in our way to better health.

## **Health in Canada**

In a study done by one of Canada's major health insurance studies, 63% of respondents were found to have three or more unhealthy behaviours. This survey focused on six unhealthy behaviors ranging from our water consumption, exercise, the amount of sleep we get, our weight, smoking, and exercise. What is even more shocking is that over half were found to have two or more risk factors which increase their chances of chronic disease.



## **Our Current System**

Unfortunately, our current care model is based primarily on dealing with acute illness and disease. It is one of the best systems in the world but over the last number of years, the cracks are beginning to show. The Canadian healthcare system is one of the most expensive on the planet, second only to the U.S. However, an aging and growing population are putting a strain on government budgets. The system is so taxed there are now young adults who have never had a family physician.



## **The Cost of Unhealthy Employees**

The cost to the Canadian economy and healthcare system continue to rise. According to the Public Health Agency more than 2/3 of the benefit costs for employers are for diseases and conditions that are modifiable or preventable through behavioural changes.

## **Optimism**

Despite the barriers which stand in our way, there is also much to be hopeful about. Well over  $\frac{3}{4}$  of Canadians believe their lifestyle choices have an impact on their health and that many of diseases they face are preventable. Thus, given the tools and the opportunity, each of us has the potential to become healthier and more productive.

## **Benefit to the Employer**

Employers who can have a positive impact on the health and well being of their employees and at the same time reduce the overall burden of sick time and lost productivity. With time being one of the impediments to employees making necessary changes, the workplace can become a positive environment for change and better health.



## **alpineHEALTH and You!**

At **alpineHEALTH** we recognize the barriers to better health and wellness. With this in mind, we offer a number of programs to help overcome the barriers your employees face.

We offer a range of services which also involve a range of involvement and commitment of your organization.

We offer both Open and Targeted programs. The Open Program is one which we offer in house during lunch hours. The Targeted Program involves more commitment by the employer but better addresses the specific needs of your organization.