



Health *InSight* Program

At SSQ Insurance, we strongly believe that the basis for healthy organizations is healthy employees.

That is why we are offering unique expertise and tailor-made support to help you implement integrated organizational solutions and strategies that place employee health at the top of your priorities!





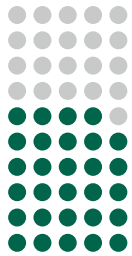
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Today's challenges

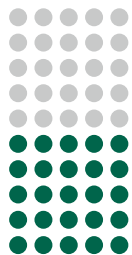
at the core of our commitment to organizational health



58%
of employees have
a chronic disease¹



79%
of employers want their health
insurance plan to be more
supportive of employees who
suffer from a chronic disease¹



Nearly **50%**
of workplace absences
are related to psychological
health²



40%
of Canadian adults
experience at least one
symptom of insomnia¹

Source:

1. 2018 Sanofi survey on healthcare.


2. Recent study based on Global Business and Economic Roundtable on Addiction and Mental Health.

The Health *InSight* Program

Support, advisory role and concrete solutions are integral parts of our approach. Find out how we can help put the health of your employees at the heart of your strategic plan by focusing on three components:

- 1. Workplace attendance management**
- 2. Health promotion and prevention**
- 3. Support services**

By focusing on these key levers, we are acting directly on the sound management of group insurance plans while improving employee health, and thereby reducing absenteeism.



The Health *InSight* Program: much more than an investment – it's a value that grows!

Discover our organizational health strategy


Join the movement by implementing these tools and practical solutions in your organization.*

*Services integrated with the Diagnosis+ coverage.

Expertise and support

Workplace attendance management

 15 hours of support to reduce absenteeism

 Organizational health assessment

 Training Start-up

 Dashboard to monitor your results


 Policies and optimized practices


Health promotion and prevention

 15 hours of support to develop a health culture in your organization

 Support for the start-up of your health committee

 Start-up activities for your health program

 Ready-to-use health promotion campaigns

 Team challenges and other tailored activities

Diagnosis+

A second medical opinion service offered to insured members and their dependents that allows for a review of medical files to confirm the diagnosis and recommend the most appropriate treatment plan.

Health InSight Indicators

Receive electronic data on drug use for the four key chronic diseases: diabetes, high cholesterol, cardiovascular disease and mental health problems. Thanks to this personalized information, it is possible to compare your results with the other groups insured by SSQ Insurance.



Would you like more?

We also have a number of complementary services to support your organizational health strategy.*

À la carte Health InSight services

Different activities based on a variety of topics to address the most specific needs within your organization.

Conferences and activities on different topics

Personalized services in the workplace

Workshop coaching with managers



Needs, interests and lifestyle habits survey

Counselling by a kinesiologist

Physical condition evaluation clinic

Workstation ergonomics

Health booths

Screening clinic

Flu vaccine clinic



*A cost is associated with these products and services. Contact us to obtain further details.

Other health solutions:

Support Services

Integrated with our health insurance and long term disability insurance coverage, they are offered to support the physical and psychological health of employees.



- **Employee Assistance Program**
- **Health Support Service**

Telemedicine



This virtual healthcare platform offers medical consultation with a healthcare professional via secure videoconference.

Pharmacogenomics



A pilot project is underway offering an innovative solution for the treatment of depression. Studies show that personalized treatment based on pharmacogenomic analysis can be used to shorten the duration of disability due to depression and increase the chances of remission.

MyAlly

To promote mental health



This service offers assistance in setting up a network of helping peers or allies (your employees) whose role is to detect the warning signs of a colleague in trouble. The service also provides the allies with a platform for discussion, ongoing training and consultation, which is hosted by recognized healthcare professionals.





The **Health InSight** model takes inspiration from best practices.

What we offer our customers is exactly what we offer our own employees.



In 2011, SSQ, Life Insurance Company Inc. became the first insurer in Quebec to earn the Healthy Enterprise – Elite certification.

This distinction confirms SSQ Insurance's expertise when it comes to health and wellness in the workplace, two elements firmly rooted in our corporate culture.

It pays to invest in your health.



Contact our organizational health team:
healthinsight@ssq.ca • ssq.ca/healthinsight