

# Employee Wellness Program Client Testimonial

**“The Fresh Start Employee Wellness Program was very clearly worth the investment in our employees.”**



“Given PEER 1’s strong commitment and dedication to health and wellness, we asked Medisys to assist us with a comprehensive wellness initiative in order to find out more about the current health status of our Canadian employees and what they needed and wanted out of a wellness program.

We were very excited to have such strong employee interest in our wellness campaign. Through frequent communication and encouragement from our executive team and managers, we were thrilled to be able to achieve an overall participation rate of over 90% in the Medisys Fresh Start Program across Canada. In some of our offices we had a 100% participation rate!

The nurses that visited our office for the blood draws and for the one-on-one feedback sessions were very knowledgeable, professional and accommodating. The service was very well received by our employees, and we received excellent feedback both about the program and the nurses.

We also wanted our employees to be motivated to do something with their results after the health assessments, so we encouraged every employee to create, date and sign a “wellness pledge” and post it for others to see. Their wellness pledge listed their personal commitment to improve their health and wellness in a specific way, by a specific date. These pledges sit on our Wellness Wall in our employee break rooms in each office. Some of our employees

posted 2 or 3 Wellness Pledges, listing goals as varied as losing a few pounds, to doing a date night with their spouse once a week, to learning to salsa.

One of the learnings we got out of the Fresh Start Program was that although we believed we had a reasonably fit and active team in our Canadian offices, we were surprised by the aggregate results we received. We assumed that our employee population was healthier than they really were. We have now learned more about what our employees want and need, what their goals are, what is stopping them from achieving those goals and how they want to be communicated to. As a result, we can sculpt our initiatives to maximize employee participation and address the issues raised in the aggregate report.

We very much look forward to completing the Fresh Start program next year and comparing our aggregate reports year over year, and tailoring our employee wellness initiatives to support our employees’ goals around improving their overall wellness and health.

The wellness program with Medisys was probably the best received employee initiative we have done all year as a company. We received more positive feedback from our team about offering the health screenings than we have for any other project this year. It was very clearly worth the investment in our employees.”

**Tricia Hollyer**

Vice President, Human Resources  
PEER 1 Network Enterprises, Inc.

## ABOUT MEDISYS’ FRESH START EMPLOYEE WELLNESS PROGRAM

By identifying specific employee health risk factors individually and providing comprehensive feedback to the individual, we provide customized health-related information & tools required to empower employees to develop skills in order to change behaviors and allow them to take a proactive approach to their own health.

Also, by providing a confidential, aggregate employee health report to management, companies will not only better understand their major risk-factors, but allow them to better address the root-causes of their problems and set clear and tangible results