



Hundreds of companies across Canada subscribe to *Wellness Matters* for their employees.

*“Methanex began our Wellness Program in 2002 with a baby step of subscribing to the Wellness Matters newsletter, it was an instant bit and a declaration that wellness did matter at Methanex.”*

— Methanex Corporation

*“Wellness Matters has become an important part of our strategy to support positive health and lifestyle choices among our employees.”*

— London Drugs

*“Wellness Matters is a valuable source of information and is enjoyed by all our staff.”*

— Regina Public School Board

# CHOICES FOR HEALTHY LIVING

# Wellness Matters®

HEALTH  
FITNESS  
NUTRITION  
WELL-BEING



**It pays to invest in your employees' health and well-being – *Wellness Matters* makes it easy and inexpensive to show that you care!**

**Your employees are your company's most valuable asset**, and when they're off the job due to health-related or stress-induced illness, it costs you money. *Wellness Matters* encourages improved lifestyle choices that can make a significant difference in the well-being of your employees who are likely to be more productive both on and off the job.

*Wellness Matters* is an easy-to-read, quick-access, 8-page quarterly newsletter that gives your employees the information they need to take action to improve their own health.

### Every issue of *Wellness Matters* features:

- Well researched and original health-related content that is timely and credible;
- Content that is reviewed and approved by a top team of **Canadian** health professionals;
- Stories that emphasize positive approaches to nutrition, fitness and lifestyle;
- Ways to promote both physical and psychological well-being;
- Practical tips that make it easy for employees and their families to make simple but effective changes to their lifestyle for improved mental and physical health.

***Make Wellness Matters the cornerstone of your company's commitment to healthier and happier employees.***



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HEALTH  
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There are multiple ways you can choose to provide *Wellness Matters* for your employees.

## RATES PER ISSUE PER EMPLOYEE

Number of Employees	Print cost per employee	e-Version cost per employee
Under 100	1.95	1.00
100 to 150	1.75	.95
151 to 250	1.60	.90
251 to 500	1.50	.80
501 to 1,000	1.40	.75
Over 1,000	1.00	.50
Custom Masthead cost per issue (not employee)	125.00	50.00

Rates do not include applicable taxes or shipping. Shipping costs for printed version will depend on location and quantity.



Customize *Wellness Matters* with your corporate logo, positioned on the front cover next to the masthead.



*Wellness Matters* is also available in French – *Pause Santé*



There are 4 issues per year:  
 Spring (March) • Summer (June)  
 • Fall (September) • Winter (December)

For more information or to order *Wellness Matters* please contact **Julie Roscoe at 604-473-0305** or email [jroscoe@canadawide.com](mailto:jroscoe@canadawide.com)



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# Wellness matters

**CHOICES FOR HEALTHY LIVING** health • fitness • nutrition • well-being

*Wellness Matters* is the cornerstone of many organizations' commitment to healthier and happier employees. We know that this newsletter is a catalyst for change and a strong proponent for healthy living, which is why we continue to explore ways to meet the increasing demands of companies that recognize the growing importance of supporting and encouraging a health and wellness focused environment and an engaged workforce in multiple ways.



## CHANGE MEANS DIFFERENT THINGS TO DIFFERENT PEOPLE AND SO DOES SUCCESS

At *Wellness Matters* we are now able to provide our clients with an expanded portfolio of products and services to assist you in providing effective solutions for true, healthy change in the workplace. These new services can be customized to specifically meet your company and employee requirements, whether you are looking for a group fitness challenge or tools to assist the unique wellness needs of each individual in your organization.

Like *Wellness Matters*, you can trust that these new products and services are backed by the experience of trusted health and wellness professionals.

## Corporate Benefits for providing health related tools for employees include:

- Improved team morale
- Enhanced job satisfaction
- Decreased sick time
- Energized organization
- Increased corporate commitment

## Individual benefits include:

- Improved energy
- Enhanced quality of life
- Heightened positive mood
- Optimized health
- Revitalized self confidence
- Weight loss



## Health Risk Assessment

An online health risk assessment is a great place for an individual to start when choosing change. Our Assessments and Profiles program help individuals organize thoughts about their health, well-being, current lifestyle status and readiness for change.

This profile process provides helpful insights and establishes a strong foundation from which to further clarify and change what they want to accomplish.

By collecting this information and presenting it in a report format, the participant gains a better understanding of personal needs and targeted behaviours for change.

These activities will help participants be more successful, track their progress and enable them to re-evaluate at anytime for the period of one year.

This is an online tool that takes approximately 15 minutes to complete. Cost is \$9.00 per employee.

A Resilience and Well-being Profile (stress coping) is also offered for the cost of \$9.00 per employee.

## 12 Weeks to Weight Loss

Our 12 Weeks to Weight Loss coaching program is not a diet, but a program that helps shift unproductive attitudes and beliefs that stand in the way of weight loss, weight management and lasting results. The 12 Weeks program helps support effective weight loss management strategies to include: increased activity, healthier eating habits, increased self-esteem, work/life balance, and an improved way of living.

This program can be delivered as a self-directed, online behaviour change program, a group setting or to individuals through our telephonic coaching services. The cost is dependent on a number of factors that would be determined through consultation with our team.

## Health Coaching

Our telephone health coaching is supported by program workbooks, assessments, and online change tools, materials designed to motivate and empower our clients to create lasting change. It is as unique as the individuals who participate. It is a process that helps people find their own sense of balance and capacity for lasting change, increased quality of life, weight loss, coping with stress, accomplishing your health goals, quitting smoking or simply sustaining a path of personal change and growth.

The cost is \$215 for 45 minutes of telephone coaching and includes our proven change system with change tools and resources, assessments and helpful workbooks. Additional coaching hours are \$115.

## 12 Weeks to Less Stress

Stress is inevitable, but its impact is dependent on how we manage it. The 12 Weeks Less Stress program is designed to ignite personal change in the area of stress management. Our unique approach focuses on creating awareness, providing education and helping people shift their 'stress coping style' to one that supports a healthier lifestyle.

The Less Stress program takes an individual through a process of self-exploration, increased education and personal growth. Benefits include effective coping strategies, enhanced self esteem and improved self confidence.

This is a self-directed program that costs \$99 per employee.

# Wellness matters

## EXPANDED PRODUCTS AND SERVICES

### Fun and Motivating Challenges

Fun health competitions educate individuals and groups while motivating them to take action and change through fitness, weight loss, nutrition, and other online health challenges. Our challenges also empower employees to continue to improve coping skills, grow and increase personal motivation to enhance overall levels of wellness and life balance.

Our challenges are ideal for a single-location group or a distributed workforce for morale building, competition, engagement and fun!

**There are more than 50 different online challenges available and each one contains motivation reminders, tools and trackers. Examples include:**

- Fitness and Steps Competitions
- Proactive Weight Loss Contests
- Nutrition and Behavioral Challenges

### Workshops

Pull your team together for a one-hour workshop on a variety of topics such as:

- **Eating for Peak Performance** – How we eat and what we eat throughout the day has a significant impact on our daily energy levels.
- **High Performance Lifestyles – Maximizing Productivity** – Learn how you can transform pressure and stress into success.
- **Choosing Change** – Participants will learn what they have to employ to change and the best practices in the change process for a healthy, balanced life.
- **Six Winning Strategies for Health and Happiness** – Learn how to generate more energy, increase your resilience to stress, improve your sleep, maintain a healthy weight and enhance the quality of your life.
- **The Optimistic Mindset** – Learning how to take control of what we can in our lives can make the difference when considering building high levels resilience.

More details on these and other workshops are available on request. The cost of a workshop is \$375. Webinars are available for \$350.

### Other Programs

With our strategic partners *Wellness Matters* can now provide a broad variety of programs in addition to the few we have outlined above. These include developing company health events, webinars, online corporate health and wellness challenges, fitness testing, nutrition education and others.