



HealthCare

Innovative Medical
Management For Families.
Every Day.

> 365

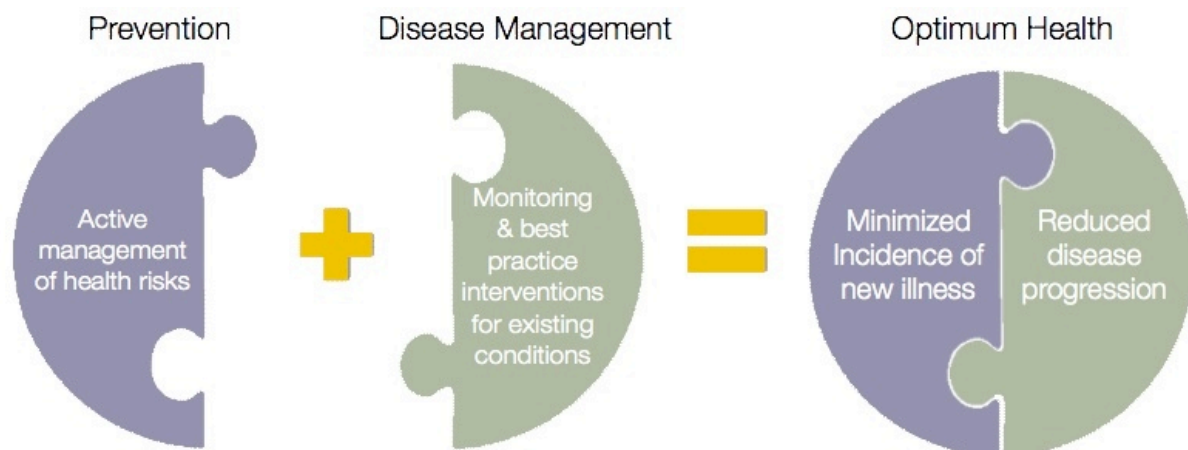
At HealthCare 365 we believe that we can dramatically improve our clients' health by delivering highly coordinated primary care with a systematic adherence to medical best practices and a focus on proactive and preventative health & wellness management.

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The Importance of Primary Care

Great primary care requires that clinicians not only treat incidences of ill health but take a long range view to guide and support individuals in preventing future illness and improving their health overall. There is a substantial body of evidence that highlights a “once a year” checkup, regardless of the number of tests performed, will not optimize an individual’s health unless accompanied by ongoing monitoring and interventions for addressing lifestyle and hereditary risk factors.

In a recent Harvard School of Public Health study, the 12 major risk factors attributed to premature deaths were examined.¹ The study points out that the majority of the contributors and causes were under the control of the individual (i.e. personal lifestyle and behaviour choices). These risk factors can be minimized through a properly managed primary healthcare program; in turn reducing hospitalization, preventing the onset of chronic conditions and reducing the incidence of premature death.



Clinic Services

- ✓ **Annual Comprehensive Medical Assessment**
- ✓ **Year-round preventative and incident-based medical care**
- ✓ **Multi-disciplinary clinical team:** Family Physicians, Nurse Practitioner, Nurse Care Coordinator
- ✓ **HealthCare 365 After Hours:** access to the after-hours nurse's hotline connected to the patient's medical record and the on-call physicians
- ✓ **Annual Health Action Plan®:** Evaluation, Development, Implementation and Monitoring
- ✓ **Lifestyle Programs:** nutrition, weight management, smoking cessation, sleep disorders, stress, fitness, blood sugar/blood pressure management
- ✓ **Electronic Medical Records and Patient Portal:** patient has on-line access to their Medical Record, electronic calendar of medical activities, easy to use Vitals and Lifestyle logs, and a pathway for appointment requests and clinic communication
- ✓ **Emergency Support:** Healthcare system navigation and advocacy
- ✓ **In-house second opinions and individual consultation/education**



HealthCare 365's GTA Clinic is a private family medical program and offers:

- ◆ Premium access to medical care
- ◆ Comprehensive medical evaluation
- ◆ A focus on preventative health and chronic condition management
- ◆ The option to utilize the clinic as a family doctor practice or as a medical adjunct to an existing family doctor relationship

A Comparison of Clinic Options

	Public System	Executive Medical	HealthCare 365
FOCUS	Incident Based Treatment	Diagnostic Assessment	Proactive Health Management
ACCESS	10 Minute Appointment when Available	Annual checkup	24/7/365 Day a Year Access
ADVOCACY	Inconsistent Navigation	Refer Out	Education, Navigation, Advocacy

Benefits for Individuals

Ease of access to medical practitioners
(24/7/365)

Unlimited time with physicians

Coordinated and integrated approach to care

Preventative approach through management of risk factors and existing conditions

Best practice diagnostic service

Extensive network of credentialed specialists

Corporate Advantages

Early medical intervention to minimize duration and severity of illness

Proactive health management to prevent new illness and slow disease progression

Healthier population based on early detection and risk management

Efficient use of insured benefits - emphasis on early intervention and preventative services

Value statement around the importance of employees

HealthCare 365 Management Approach

Complete Medical History

Comprehensive Medical & Surgical History
Review of current health concerns
Risk factor review
(lifestyle and hereditary)
Review of medications, supplements, allergies, immunizations

Comprehensive Physical

Thorough examination of body systems
Comprehensive blood work panel
Age appropriate screening investigations
Additional medically indicated investigations

Additional Assessments

Registered Dietitian Consult
Certified Fitness Assessment
Physiotherapist Consult

Health Action Plan

Review findings from Physical examination and diagnostic investigations
Discussion of patients health goals
Development and support of the annual *Health Action Plan* ©

Ongoing Health Management

Appointment Coordination and Reminders
Medication Management
Medical Record Consolidation
Diagnostic and Specialist referrals
Integrated care approach including Allied Care providers
(chiropractors, naturopaths, physiotherapists etc.)