



Get ahead of your health with Medcan's Annual Health Assessment



Taking a preventive approach to your health has never been so important, which is why **JRP** has partnered with Medcan—Canada's leading health inspiration company—to provide you with a preferred rate for the Annual Health Assessments as part of your benefits program. When completed each year, our assessment will give you the tools and insights you need to become your own health advocate.

Early intervention is key

Chronic disease is on the rise, with approximately 50% of Canadians set to develop cancer in their lifetime.¹ By identifying health risks early on, you can take the right steps to avoid, manage and reverse chronic illness and disease.

What's included?



A health and wellness deep-dive.

Your starting point for better health and wellness, Medcan's Annual Health Assessment goes beyond your average physical to give you a complete picture of your current health and future risks. You'll receive a head-to-toe evaluation by a range of world-class health experts, including a physician, dietitian, fitness expert and nurse—all over the course of about five hours.



Same-Day Results and Insights.

Your experience includes a private one-on-one consultation with a Medcan physician—one of the most valuable aspects of our Annual Health Assessment. Together you'll review your results to determine which areas of your health can be improved upon through lifestyle changes, and which may require further medical attention.



Unparalleled Post-Care.

Should any health concerns arise during your assessment, we'll either book an appointment for you with a Medcan specialist or refer you to a preferred specialist in your community. If your physician recommends it, we can also connect you to respected health experts at top global healthcare centres following your assessment.



Simple and Actionable Reporting.

Your assessment results will be available through myMedcan—our secure online portal—in the days following your assessment.

Screenings and Tests

Benefit from up to 15 personalized diagnostic tests depending on your age, sex and health status.

Physical Exam and Vital Signs

- An in-depth exam and consultation allows you to discuss any concerns you may have
- A vaccination review is conducted to assess your immunization history and identify any gaps
- An abdominal ultrasound determines if your vital organs are healthy

Hearing and Vision

- An audiometric test assesses hearing ability and identifies potential issues
- An eye exam tests your ability to see objects at near and far distances
- Respiratory function—including lung capacity and airway restriction—is measured and

Full Panel Blood and Urine Testing

- Checks for a broad range of indicators for heart disease, diabetes, and kidney, liver and thyroid function
- For your convenience and peace of mind, test results are reviewed the same day with a Medcan physician and registered dietitian

Cardiovascular Health

- A 12-Lead ECG checks heart function in those aged 35 and older
- A cardiopulmonary fitness test measures how well oxygen is being transported in your body
- Ankle Brachial Index checks for hardening and narrowing of peripheral arteries
- Cardiac screening lab tests include a High Sensitivity Troponin-I test, which provides an excellent assessment of cardiovascular risk in those aged 35 and older

Fitness

- A muscle and joint assessment tests functional movement, risk of injury, and aspects of strength and flexibility
- Anthropometric measurements offer key insights to help optimize body composition

Nutrition

- Customize your nutrition consultation with our dietitian by selecting from a menu of nutrition and diet topics, including (but not limited to): Nutrition for Brain Health, Plant-Based Eating, Protein Nutrition, and Women's Health
- The dietitian will provide advice based on your personal interests and goals

Social and Mental Well-Being

- Where valuable, meet with a registered social worker or psychotherapist to assess your cognitive health through a gamified assessment powered by Cambridge Brain Sciences
- Afterward, you'll discuss your current social and mental wellness, as well as steps you can take to improve your physical health during a 45-minute consultation

Gender-Specific Tests (Men)

- The prostate-specific antigen test is a simple and non-invasive blood test for the early detection of prostate cancer in men aged 40 and older
- Bone mineral density screening helps to identify risk for osteoporosis in those aged 60 and older by looking for thinning of bones and identifying a future risk of fracture

Gender-Specific Tests (Women)

- A mammogram for the early detection of breast cancer in women aged 40 and older and, if necessary, a breast ultrasound
- A gynecologic evaluation that includes a pap test, pelvic exam and, for women aged 50 and older, a transvaginal ultrasound to screen for cancer, infections and abnormalities (HPV testing is also available)
- Bone mineral density screening helps to identify risk for osteoporosis in women aged 50 and older by looking for thinning of bones and identifying a future risk of fracture



Enhance your assessment with add-on services

In advance of your appointment, you'll have an option to include one or more add-ons to your assessment, including:

- Genetic Screening
- Cardiovascular Risk Assessment
- Liver Health Assessment
- Dermatology services

Health and safety measures

From pre-appointment screenings to enhanced cleaning and physical distancing protocols, important steps have been taken on-site at Medcan to ensure a safe experience for all.

Hours of Operation

For your convenience, Annual Health Assessments can be booked on-site at Medcan as early as 6:45 a.m. (Monday to Friday) and 7:00 a.m. (Saturdays).

What does it cost?

As a member of **JRP** you'll enjoy an exclusive rate, please reach out to your dedicated customer service resource for more information.

Get the critical information you need to prevent and manage disease.

To schedule your Annual Health Assessment, get in touch with us at 416.350.5900 or clientservice@medcan.com.

¹ <https://www.bbd.ca/blog/chronic-disease-statistics-canada/>