



MEDCAN: A WHOLE NEW APPROACH TO YOUR HEALTH

Medcan is Canada's largest professional healthcare clinic dedicated to preventive medicine and wellness. Our approach to health and lifestyle management is as unique as our clients, with customized programs tailored to your specific needs.

THE MEDCAN APPROACH:

IDENTIFY We establish comprehensive baseline knowledge to understand your health, uncover any concerns, and coordinate follow-up needs with specialists.

MODIFY We leverage our specialized tests and services to further support and enhance your health needs and to give you access to the resources that you need to change behaviours.

PREVENT We create a personalized lifestyle plan for disease prevention and health optimization.

Creating your plan for better health starts with a Comprehensive Health Assessment, where we establish your health baseline each year. Our Assessment goes far beyond the traditional medical exam, giving you critical information you need to prevent and manage disease, as well as a lifestyle prescription for wellness. To help you be at your best year-round, we offer ongoing care through our Medcan Wellness Plan. We have over 65 physicians and specialists on-site to ensure you and your family receive the care and attention you need, when you need it.

To book your Comprehensive Health Assessment or to sign up for the Medcan Wellness Plan, call (416) 350-3621, or email bookings@medcan.com

Comprehensive Health Assessment

- Four- to five-hour head to toe medical diagnostics designed to complete all of your preventative health screening procedures in a single visit
- Results are discussed in person in a one-hour consultation with a physician that same day
- Up to 16 distinct health screening tests
- Coordination of specialist referrals within Medcan's network of preferred providers by a dedicated referral team and Nurse Consultant

Medcan Wellness Plan

- Same- or next-day physician appointments year-round, including evenings and Saturdays, in the Medcan Clinic
- Appointments in person or through video consults on your smartphone, tablet or PC
- On-site X-rays and same-day results
- 24/7 after-hours access to medical advice from a Medcan Nurse on-call
- Prescription renewals by telephone
- 24/7 Global Travel Medical Assistance
- Dedicated Nurse Consultant for specialist referrals and case management
- Access to *myMedcan*, our secure online portal where you can book appointments online and access all of your information about appointment bookings, changes, or cancellations, as well as any results or upcoming referrals

We have Wellness Plans for individuals and families, so you can select the membership best suited to your needs. Individual memberships enjoy reduced pricing when included with other Medcan services, such as our Comprehensive Health Assessment. With our Family Plan, you, your partner and your children aged 5-29 all have access to the Medcan Wellness Clinic for one membership fee.



ADDITIONAL SERVICES TO SUIT YOUR HEALTH AND WELLNESS NEEDS

Beyond our Corporate Wellness Plan, Medcan offers many specialized tests and services to further assess your unique health needs and create a personalized lifestyle plan. Our team of experts works to identify health risks before symptoms even arise.

MEDCAN FITNESS

PERSONAL TRAINING

At Medcan we believe exercise is medicine, and leads to a long and healthy life. Benefit from an exercise regimen that's personalized to meet your specific needs, while you train in Toronto's largest personal fitness studio. With leaders in nutrition, sports therapy and medicine all under one roof, our team of fitness specialists designs programs to help you achieve your goals, safely, efficiently and effectively. **From \$100/hour session**

DISTANCE FITNESS COACHING

Our team of elite Distance Fitness training professionals is here to help you get fit and healthy at home or at work - or wherever you are. Whether you are frequently on the road or are just too busy to make it to the gym, we can create a customizable program that works for you and your lifestyle. You'll learn how to stay in shape using minimal resources, even if you only have a few hours to spare each week. **\$2,495 for a 12-month membership**

SPORTS MEDICINE

PHYSIOTHERAPY

Medcan physiotherapists are skilled in the assessment and management of a broad range of conditions affecting the musculoskeletal, circulatory, respiratory, and nervous systems. They can manage and prevent many physical problems caused by illness, disease, sport and work-related injury, including back pain, arthritis, and repetitive strain injury. **From \$125**

CHIROPRACTIC SERVICES

Chiropractic therapy involves treatment of the spine, joints, and soft tissues. For many conditions, such as lower back pain, chiropractic care is frequently the primary method of treatment. Our Chiropractic services include Active Release Techniques (ART) and acupuncture. **From \$125**

MASSAGE THERAPY

Massage therapy does more than just feel good. It relieves muscle and joint pain, and improves circulation to healing tissues, promoting recovery and increased range of motion in injured and stiff joints. It also helps relax the nervous system, decreasing stress and muscle tension. All of Medcan's technicians are highly trained Registered Massage Therapists, and are members of the College of Massage Therapy of Ontario. **From \$60**

CHIROPODY

From preventive treatments for pain and discomfort, to corrective care for balance and mobility issues, our leading Chiropody Specialists can identify and help rectify health problems from the ankle down. We offer custom-cast orthotics that are thin enough to fit many different shoes. By effectively balancing the feet and restoring proper function, custom orthotics can provide relief of common foot ailments, as well as foot-related symptoms of stress in the ankles, knees, hip, back and neck. **Initial assessment \$95/Orthotics \$595 (\$495 for second pair)**

RUN WELL 3D PERFORMANCE ASSESSMENT

The Medcan Run Well 3D Gait Analysis investigation involves a three-dimensional analysis of your running biomechanics. It's designed to aid in the treatment and prevention of injury, since most running injuries can be traced back to poor technique. **\$495**

365: WEIGHT MANAGEMENT AND LIFESTYLE PROGRAM

This 12-month program is managed by Medcan's Weight Management medical team, with a proven track record of achieving sustainable weight loss through behaviour modification. Broken into three stages, the program will help you to identify personal obstacles and learn techniques to overcome them, build skills through practice and meetings with our integrated medical and fitness team, and master the keys to long-term success and building healthy habits. **\$2,395 for first year of program**

NUTRITION

Medcan's Nutritional Counselling Programs emphasize education and personal accountability. We offer specific programs to focus on nutrition therapy, food allergies and intolerances, healthy eating, and sports nutrition. Our Registered Dietitians will develop a tailored nutrition plan to help you

make healthy lifestyle choices on the go. **Initial consultation \$220**

Medcan's Fitness, Sports Medicine, and Weight Management services can be bundled to help you create a customized health and fitness plan. To learn more, call (416) 350-3621, or email bookings@medcan.com

HEALTH & DEVELOPMENT PROGRAM FOR CHILDREN & YOUTH

The first of its kind in Canada, this program provides a thorough cognitive and physical assessment aimed at preventing disease and identifying any developmental concerns at three key stages: Elementary (5-9 years), Middle School (10-13 years), and High School (14-17 years). **\$1,595**

GENETICS

PERSONAL GENOME TESTING

Through a saliva sample, this test assesses certain pharmacogenomic markers as well as determines your genetic predisposition for a number of important health conditions, including Alzheimer's disease, diabetes, multiple sclerosis, heart disease, and specific cancers. You will meet with a Genetic Counsellor before and after your test to review your family history and to discuss the results of your genetic testing so that you understand the impact of the information learned through your genetic analysis. **\$1,595**

GENETIC FAMILY RISK ASSESSMENT

Knowing your family's health history is an important part of assessing your risk for disease. Our team of Genetic Counsellors can guide you through the complexities of genetic testing and develop a personalized plan to help you actively manage your health in the future. **\$195**

PRE-PREGNANCY GENETIC TESTING

This non-invasive saliva test determines carrier status for more than 100 rare diseases. Most diseases are recessive conditions, where a child would only be at risk if both parents are carriers. **From \$895**

WOMEN'S HEALTH REPRODUCTIVE ASSESSMENT

We recommend this comprehensive evaluation to all women of childbearing age who are seeking preconception counselling, assistance with fertility, or more education about reproductive health. **\$595**

PHARMACOGENOMICS

Slight variations in your genes can have a profound effect on how your body responds to certain medications. As a leader in Pharmacogenomic testing in Canada, our Genetic Counsellors can determine the most appropriate therapy to match your unique genetic make-up with simple blood test.

Pricing varies by blood panel. To learn more, contact bookings@medcan.com

MEN'S HEALTH

MEN'S HEALTH RISK ASSESSMENT

Our Men's Health Risk Assessment provides the opportunity for early identification and potentially life-saving intervention in diseases such as prostate cancer, benign prostatic hyperplasia (BPH), erectile dysfunction, and urinary problems. The Assessment includes a pelvic and trans rectal ultrasound, uroflowmetry, questionnaires and risk stratification models, assessment and a written report outlining any risks and recommendations. **From \$595**

MEN'S VITALITY PROGRAM (MVP)

This three-month program, co-designed with Johns Hopkins Medicine International, is ideal for men with decreased energy levels, increased anxiety or depression, decreased libido or erectile dysfunction, troublesome urinary symptoms and/or sleeplessness. With a treatment strategy customized to your specific needs, our MVP physicians will arm you with the knowledge and solutions you need to rediscover your vitality and achieve your full potential. **From \$1,295**

MEDICAL DERMATOLOGY

MOLE MAPPING

Using a high-security body photography system, our team of dermatologists analyzes your photos against actual moles year-over-year to identify any abnormalities early on. Changes to moles, or new moles on your body can indicate the presence of skin cancer. **\$195**

NON-INVASIVE SKIN CANCER ASSESSMENT

This non-invasive test uses state-of-the-art technology to screen for potentially cancerous moles and lesions by measuring subtle vibration shifts in skin molecules. Since molecules in cancerous lesions vibrate differently than healthy tissue, the test can assist a Dermatologist in determining if there is cause for concern. **From \$200**

COSMETIC DERMATOLOGY

SKIN COMPLEXION ANALYSIS

Medcan's Skin Complexion Analysis lets you see the true condition of your facial skin. This in-depth analysis examines pigmentation, UV spots, wrinkles, pores and sun exposure. During your consultation, Medcan's Skin Care and Rejuvenation Specialist will make personalized recommendations for treatment and preventive care. **\$95**

COSMETIC DERMATOLOGY SERVICES

Our team of industry-leading Dermatologists offers a suite of services from comprehensive complexion

assessments, to skin rejuvenation, to anti-aging treatments, to laser hair removal, all designed to correct any changes, prevent further damage, and protect your overall skin health. Pricing varies by service. For more information, contact dorischristie@medcan.com

CARDIOLOGY

CARDIOVASCULAR RISK ASSESSMENT

Unlike standard blood tests that look at only four components of blood cholesterol, our Cardiovascular Risk Assessment program offers advanced tests that look at 18 separate components. Our Advanced Cholesterol Testing (ACT) allows your physician to not only evaluate the density of your blood cholesterol, but to also analyze your risk for stroke, heart disease and diabetes. Through an Echocardiogram, an ultrasound of the heart, we can screen for abnormalities in cardiac function, structure and the possibility of valve disease. The Carotid Intima Media Thickness (CIMT) test, a new addition to the program, is a powerful predictor of cardiovascular disease as it measures the thickness of the inner walls of the carotid arteries to determine the likelihood of plaque build-up. This test is fast, painless, non-invasive, and gives immediate results for your physician. **\$315 for one test, \$525 for two, \$745 for all three**

OPTOMETRY

COMPREHENSIVE EYE EXAM

Our Comprehensive Eye Exam, performed by a Medcan optometrist, identifies your current visual health and provides education to help you actively manage your eye care. It includes a digital image of the inner part of your eye to assist in the diagnosis of macular degeneration, diabetic retinopathy, glaucoma, and other retinal diseases and disorders. **\$200**

ENDOSCOPY

Colon cancer is one of the most preventable forms of cancer, and when detected early, the chance of survival increases by 90%. A colonoscopy can mitigate risk factors for medical problems such as intestinal inflammation, ulceration, bleeding, or colon cancer through early detection and treatment. With Medcan's Concierge Service, we strive to make a colonoscopy or gastroscopy as comfortable as possible. **Concierge Fee: \$395 for Colonoscopy/ \$295 for Gastroscopy**

INTEGRATIVE MEDICINE

Integrative Medicine is the collaboration of care between the conventional, traditional, and natural streams of medical care. Our Naturopathic Doctor (ND) uses vitamins and minerals (nutraceuticals), acupuncture, herbal medicine, and traditional Chinese medicine to reduce pain and manage disease from a scientific and natural viewpoint. **Initial consultation \$295/additional sessions \$125**

COUNSELLING

Medcan's mental health clinicians offer comfortable, confidential 90-minute assessments, as well as customizable programs based on your individual needs. The goal is to identify and address immediate as well as long-term concerns in a constructive and positive manner. Issues addressed include stress, depression, relationship management, and workplace challenges. **Initial assessment \$295/follow-up session \$250**

TRAVEL HEALTH CONSULTATION

Before you travel, book a Travel Health Consultation to prepare you and your family for a healthy trip. Your appointment includes a 30-minute consultation with a Global Infectious Disease Specialist. Your physician will create a country-specific health information package, complete with prescriptions and recommended travel vaccinations. **\$225 + cost of immunizations**

JOHNS HOPKINS LIAISON SERVICE

Medcan also offers a liaison service to Johns Hopkins Medicine International (JHI) in Baltimore, USA. It's a convenient way for Canadians to connect with JHI for integrated care from one of the most respected American medical institutions, known for their innovations in research, education, and patient care. To learn more, call (416) 350-3621, or email bookings@medcan.com

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