

# WHY CHOOSE AXiO?



## CARE THAT HELPS YOU EMBRACE LIFE TO THE FULLEST.

Since 2008, AXiO has provided attentive, personalized, holistic care. By limiting the number of clients per physician, we have more time to listen to you, understand your concerns, and provide the best support possible.

### **One interdisciplinary team, all under the same roof**

- Our clinics are home to an experienced team of healthcare professionals—physicians, nurses, orthopaedic surgeons, physiotherapists, osteopaths, athletic therapists, massage therapists, nutritionists, pharmacists, psychologists, and social workers—who work closely together. This integrated approach ensures effective support for prevention, rehabilitation, and ongoing care throughout every stage of your health journey.

### **Enjoy peace of mind throughout the year**

- With our ÉLAN Health Program, you receive a comprehensive annual health evaluation. Between yearly evaluations, you have access to personalized medical care, with same-day or next-business-day appointments during office hours, covered by provincial health insurance at no extra cost to you.

### **Expert guidance through the health system**

- We help you navigate the public and private health systems efficiently, reducing wait times and complications in accessing care.

### **Exceptional client service**

- From the moment you walk through the door, our customer service team ensures your experience is smooth, supportive and reassuring.

### **Élan for an active life and lasting health**

- At AXiO, we believe true health goes beyond the absence of illness. Our experts support you throughout your recovery and help you return to the activities you enjoy, with guidance at every step, so you can live fully—with energy, confidence and vitality.





## INTERESTED IN KNOWING MORE? READ ON!

### **Coordinated, integrated care**

- At AXiO Health Group, we believe that prevention and proactive care are the keys to living a longer, healthier, and more active life. Our boutique health centre brings together the AXiO Health Clinic and the AXiO Physiotherapy and Sport Medicine Clinic, where our team of health professionals provides a coordinated approach to illness and injury prevention, physical rehabilitation and ongoing support.

### **Experienced interdisciplinary team**

- Our team includes physicians, nurses, orthopaedic surgeons and allied health professionals in the fields of nutrition, pharmacology, psychology, social work, physiotherapy, osteopathy, massage therapy and athletic therapy. AXiO physicians are trained in family medicine and have a vast experience in emergency medicine, hospital-based medicine, sport medicine and in men's and women's health.

### **Year-round peace-of-mind**

- At the core of AXiO Health Clinic services is the ÉLAN Health Program. The Program is a comprehensive, evidence-based annual health evaluation, adapted to age and gender, offered in complementarity with a personalized medical service during the year between annual health evaluation visits.
- This thorough Program, delivered by an expert team that includes a doctor, a nurse and an athletic therapist, provides clients with a complete picture of their current health and includes a movement assessment, using 3D motion capture and biomechanical analysis. Each client receives a personalized plan for improvement.
- Additional medical consultations with our physicians and nurses are covered by provincial health insurance at no extra cost to you.
- Appointments with doctors or nurses are typically available the same day or by the next business day during regular office hours. Courtesy calls at six-month intervals are made to support our clients on their health and wellness journey.

### **Expert guidance through the health system**

- AXiO physicians continue to work in the public health care system, and many are responsible for clinical teaching at the McGill University Health Centre. Over the years, our team has established trusted professional relationships with specialist colleagues, allowing us to navigate the public and private health systems and provide optimal care for our clients.
- Our client care coordinators help schedule appointments with our allied health professionals and with outside specialists.

### **Support for an active lifestyle**

- AXiO's physicians are ideally trained to develop and coordinate personalized wellness programs for our clients. Their vast expertise comes from extensive collaboration with Olympic athletes, with Montreal's professional sports teams (the Alliance, the Alouettes, the Canadiens, FC Montreal, the Laval Rocket) and with performing arts companies (Le Cirque du Soleil).
- Our sport medicine physicians and orthopaedic surgeons are also exceptionally qualified to guide patients through personalized treatment options for acute or overuse musculoskeletal injuries and for chronic conditions like osteoarthritis. They can provide ultrasound-guided injections of cortisone, hyaluronic acid and platelet-rich plasma (PRP).
- Our expert team helps clients return to work, return to sport or simply return to daily activities, regardless of their age and abilities.

### **Exceptional client service**

- Our web-based secure patient portal provides clients with timely access to their medical information.
- AXiO rehabilitation sessions in physiotherapy, osteopathy and athletic therapy are one-hour, one-on-one consultations.
- AXiO offers an array of in-person or virtual consultations by our experts including home safety evaluations, caregiver training, office ergonomics, and nutrition counselling. Home visits for physiotherapy and office visits for ergonomics can be arranged too.
- We also provide medication reviews to enhance care and safely deprescribe unnecessary medications.

**At AXiO, your care is at our core.**

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