

ÉLAN FOR LIVING FULLY



WELCOME TO THE
AXiO ÉLAN HEALTH
PROGRAM

A COMPLETE AND
PERSONALIZED
APPROACH

This personalized health program, designed by a team of experts in family medicine as well as sports and exercise medicine, includes:



- A health assessment led by a multidisciplinary team: a doctor, a nurse and an athletic therapist.



- A comprehensive annual overview of your health and wellness, with a strong focus on your personal fitness to support a healthy life.



- A personalized report, from which we build a tailored action plan to improve your health.



- Follow-up throughout the year for any health concerns, and guidance in navigating specialty visits and further testing within the public and private healthcare systems.

Between annual health evaluations, additional consultations with our physicians and nurses are covered by provincial health insurance at no extra cost to you.

Because true health goes beyond the absence of illness. And your health today determines your physical and cognitive abilities—and even your vitality—for tomorrow.

Offer yourself peace of mind.



HERE'S HOW THE AXiO ÉLAN HEALTH PROGRAM WORKS



The ELAN program incorporates the latest scientific and medical advances to provide you with the resources necessary for the prevention and management of chronic diseases, including cardiovascular disease, cancer, diabetes, mental health disorders, obesity, arthritis, sleep apnea, and dementia.

STEP 1: TAKING CARE OF YOUR HEALTH STARTS TODAY

Comprehensive medical evaluation

- Review of personal and family medical history, lifestyle habits, mental health
- Confirmation of the information from your AXiO medical questionnaires and vaccination records
- Review of the major organ systems to detect abnormal underlying conditions
- Complete physical examination with emphasis on muscles, joints and movement
- Assessment of vital signs like blood pressure, heart rate and key health markers
- A body composition test to estimate body fat, muscle mass, and body water
- Framingham score to estimate your 10-year risk of cardiovascular disease
- FRAX score to estimate the 10-year risk of a major fracture due to osteoporosis
- Questionnaire to screen for menopause, andropause, depressive illness and sleep apnea

Evidence-based health screening

- Complete blood count to check for anemia, infection and issues with immunity and clotting
- Cholesterol testing to verify your risk of cardiovascular disease
- Blood chemistry to detect electrolyte imbalances and early signs of kidney disease
- Blood and urine tests to screen for urinary tract infections, diabetes, liver and other kidney conditions
- Resting ECG to check your heart rhythm and to uncover hidden heart issues
- 3D Movement analysis to identify posture, balance and mobility problems
- Specific to women: Cervical cancer screening (PAP+HPV test as needed) and thyroid screening
- Specific to men: Prostate cancer screening and thyroid screening as needed

We also offer seasonal and travel vaccinations and can arrange other screenings as needed for conditions like breast cancer, colon cancer, coronary artery disease, dementia or osteoporosis, based on your personal risk. Some additional tests may incur extra costs beyond the standard annual health evaluation.

STEP 2: AXiO IS YOUR LONG-TERM PARTNER ON YOUR HEALTH JOURNEY

- Collection of all data to produce a personalized health report
- A follow-up review of your results with your doctor in person or by phone
- A personalized action plan built together to help you improve and maintain your health
- Follow-up care to help you navigate both public and private systems for specialist visits and further tests
- Women's health consultations to address hormone therapy, menopause, contraception, osteoporosis and pregnancy
- Men's health consultations to address erectile dysfunction and andropause

STEP 3: YOUR CARE IS AT OUR CORE

- Easy access to the AXiO team throughout the year for any health concerns
- Between annual health evaluations, additional medical consultations with our physicians and nurses are covered by provincial health insurance at no extra cost to you.
- Prescription renewals and telephone medical assistance offered whether you're home or travelling
- Appointments with doctors and nurses typically available the same day or the next business day
- A follow-up courtesy call six months after your annual health evaluation to see how you are doing and how we can continue to support your well-being

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