



GroupHEALTH Solutions

# DISABILITY PREVENTION BENEFITS EVERYONE

Beginning management of an unexpected absence once it's happened, in our eyes, you're already too late. Our disability options equip you with wellness and prevention resources—helping keep you ahead of unexpected disability claims before they happen.

Partnering with **LifeWorks** and **Disability Management Institution (DMI)** helps us to provide you with dedicated tools for short- and long-term employee absences.

If an absence occurs, our expert teams are prepared to get involved early in the process, and actively manage the impact on your workforce—research shows that this active management style reduces time away from work, and increases employee wellness.

**GIVE US A CALL & GET STARTED**

1 866 636 3348



[grouphealth.ca](http://grouphealth.ca)

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# EXTENSIVE PREVENTION & MANAGEMENT TOOLS

## PREVENTION

### *LifeWorks' Employee & Family Assistance Program*

Get access to counsellors and resources to support their health, family, finances, work, and more!

### *Living Well e-Newsletter*

Receive our monthly newsletter spanning mental and physical health topics.

### *LIFT Session*

Create a unique fitness plan, connect with coaches, and get access to personal or group training sessions at home or on the go.

## EARLY INTERVENTION

### *Disability Management Institute*

Early intervention and rehabilitation teams work with absent employees to help facilitate their safe return.

### *Early Intervention Programs*

DMI experts help to proactively manage each milestone absent employees face.

### *TELUS Health Virtual Care*

Employees confidentially consult with an accredited doctor or practitioner over a video call—available 24/7.

## ACTIVE MANAGEMENT

### *DMI Claims Management*

Assists employees through claims and the claims processes until they're ready to return to work.

### *DMI Rehabilitation*

Dedicated network of health professionals and specialty clinics help to better support employees absent due to illness or injury.

### *WorldCare Medical Second Opinion*

Access to world-renowned experts for a second opinion when encountering a serious mental or physical health diagnosis.

## ADDITIONAL OPTIONS AVAILABLE

### LifeWorks Employer Services

#### On-request workplace support programs

- **Trauma Assist:** Specialized intervention program addressing symptoms of post-traumatic stress to meet the needs of first responders and others exposed to workplace trauma
- **Substance Abuse Program:** Employees that have breached alcohol or drug policy are assessed to assist Human Resources on decision-making
- **Structured Relapse Prevention:** 2-year program that offers tools and builds skills to sustain
- **WorkAssist:** Designed to address depression, anxiety, or addiction issues that are causing or complicating an absence from work

#### Training & development tools

Full suite of training and workplace development programs including instructor-led workshops and seminars, or online webinars or e-learning.

### Wellness Spending Account

Covering a range of expenses supporting employee mental, physical, and financial health. Funding a work-life balance expenses such as a fitness services or at-home fitness equipment, childcare, nutrition programs, public transit passes and more.