

**Schedule A
COST OF SERVICES**

Cost of Service :

The following costs shall apply to all Services performed under this Agreement:

Program options	Cost Basis	# Eligible Members	Year 1 Prepay Cost per Eligible Member	Year 2 Prepay Cost per Eligible Member	Year 3 Prepay Cost per Eligible Member
PHA Only – Essential Qc only	Eligible Members	1370	\$1 100,00	\$1 127,50	\$1 155,69
PHA Only - Select			\$1 350,00	\$1 383,75	\$1 418,34
PHA Only - Prestige			\$1 575,00	\$1 614,38	\$1 654,73
PHA Only - Elite			\$1 775,00	\$1 819,38	\$1 864,86
Essential PHA Qc only + Year Round Care			\$1 275,00	\$1 306,88	\$1 339,55
Select PHA + Year Round Care			\$1 573,00	\$1 612,33	\$1 652,63
Prestige PHA + Year Round Care			\$1 785,00	\$1 829,63	\$1 875,37
Elite PHA + Year Round Care			\$1 955,00	\$2 003,88	\$2 053,97
Essential PHA Qc only + M1			\$2 600,00	\$2 665,00	\$2 731,63
Select PHA + M1			\$2 850,00	\$2 921,25	\$2 994,28
Prestige PHA + M1			\$3 075,00	\$3 151,88	\$3 230,67
Elite PHA + M1			\$3 275,00	\$3 356,88	\$3 440,80

PHA (Preventive Health Assessment) needs to be completed in order to activate any other program. Once PHA is completed the Year Round Care or M1 program, if requested, will be activated for twelve (12) months and payable upon PHA completion. Please see Schedule B below for the program details.

The following additional costs shall be paid by the Client where applicable. These costs will be invoiced separately and cannot be applied against Prepaid Amount:

Description	Cost
Failure to show up for an appointment without prior notice	Full PHA charges apply
Cancelled or postponed appointment with 72 hours or less notice	\$500
Cancelled or postponed appointment with more than 72 hours' notice	No penalty
Additional examinations and/or tests as required by a physician	Cost depends on tests required

Schedule B

SERVICE DETAILS

Essential - Preventive Health Assessment details



Medical assessment

Comprehensive review of major body systems, including:

- Ear, nose and throat
- Lungs
- Digestive
- Urinary
- Heart
- Musculoskeletal
- Skin

Review of lifestyle habits and preventive health practices. Discussion of risk for cardiovascular disease and cancer.

Women's health

- Pelvic examination, if medically indicated
- Counselling regarding menopause, osteoporosis, pre-menstrual syndrome, fertility, etc.

Men's health

- Prostate assessment and genital exam, if medically indicated
- Counselling regarding erectile dysfunction, libido concerns, andropause, etc.

Some laboratory tests, if medically indicated

Immunization

- Review and update of public health immunizations
- Information on new available vaccines

Results and feedback

- Access to a confidential online results portal focused on personalized recommendations and follow-up
- Year-over-year comparison of test results
- Post-assessment feedback from the physician to discuss results and to formulate a strategy for mitigating any health risks

Other

- Prescription renewal, if medically indicated
- Referrals to specialists, if medically indicated

If medically indicated, your physician may recommend additional exams*:

- Laboratory tests
- Gender-specific testing (e.g., HPV)
- Medical imagery
- Electrocardiogram (resting and/or stress)
- Testing for vision, hearing and lung function
- Vaccines
- Cardiology, ENT, dermatology, internal medicine consultations and more

*These tests may be available at your TELUS Health Care Centre, on the same day of your appointment. You can also choose to go to the clinic of your choice, at your discretion. Fees for some tests and consultations not covered by the RAMQ may apply. If you have personal insurance, these expenses may be reimbursed in part or in whole.

Select - Preventive Health Assessment details

Medical assessment

Comprehensive review of major body systems, including:

- Ear, nose and throat
- Lungs
- Digestive
- Urinary
- Heart
- Musculoskeletal
- Skin

Review of lifestyle habits and preventive health practices. Discussion of risk for cardiovascular disease and cancer.

Women's health

- Pelvic examination*
- Pap test (liquid)*
- Counselling regarding menopause, osteoporosis, premenstrual syndrome, fertility, etc.

Men's health

- Prostate assessment and genital examination*
- Counselling regarding erectile dysfunction, libido concerns, andropause, etc.

Lung function*

- Pulmonary function test

Fitness assessment

- Resting and exercise electrocardiograms (ECGs)*
- Assessment of strength, flexibility, and current exercise routine performed by a kinesiologist

Laboratory testing*

Full panel blood work to analyze:

- Cholesterol
- Prostate-specific antigen (PSA) total and complex (> 45 years)*
- Fasting blood sugar
- Complete blood count
- Kidney function
- Liver function
- Thyroid function
- Calcium and iron levels

Other

- Urinalysis
- Stool testing for fecal occult blood

Results and feedback

- Access to a confidential, online results portal focused on personalized recommendations and follow-up
- Year-over-year comparison of test results
- Post-assessment feedback from the physician to discuss results and to formulate a strategy for mitigating any health risks

Other

- Basic immunization update (D2T5; Polio; MMR)*
- Prescription renewal, if medically indicated
- Referrals to specialists, if medically indicated
- Coordination of external and internal appointments

Notes: Some aspects of the above may vary depending upon the patient's age, gender, and personal risk factors, as well as provincial and College regulations. In Québec, a patient can only do the tests noted with an asterisk (*) if the physician determines that these tests are medically necessary during the patient's initial medical assessment.

Prestige - Preventive Health Assessment details

Medical assessment

Comprehensive review of major body systems, including:

- Ear, nose and throat
- Lungs
- Digestive
- Urinary
- Heart
- Musculoskeletal
- Skin

Review of lifestyle habits and preventive health practices. Discussion of risk for cardiovascular disease and cancer.

Women's health

- Pelvic examination*
- Pap test (liquid)*
- Counselling regarding menopause, osteoporosis, premenstrual syndrome, fertility, etc.

Men's health

- Prostate assessment and genital examination*
- Counselling regarding erectile dysfunction, libido concerns, andropause, etc.

Vision, hearing and lung function*

- Eye pressure test (> 40 years)
- Vision test
- Hearing test
- Pulmonary function test

Nutrition coaching

- Review of your eating habits, portion sizes and required nutritional intake
- Action plan and personalized recommendations to help you achieve your goals such as healthy weight, athletic performance, gluten free diet, reduction of cholesterol, and more

Fitness assessment

- Resting and exercise electrocardiograms (ECGs)*
- Musculoskeletal fitness assessment to assess your muscular strength, endurance and power
- Functional movement screening (FMS) to identify imbalances and limitations in mobility and stability
- Health coaching to help you achieve your fitness and weight goals

Laboratory testing*

Full panel blood work to analyze:

- Cholesterol
- Prostate-specific antigen (PSA) total and complex (> 45 years)*
- Fasting blood sugar
- Complete blood count
- Kidney function
- Liver function
- Thyroid function
- Calcium and iron levels

Other

- Urinalysis
- Stool testing for fecal occult blood

Results and feedback

- Access to a confidential online results portal focused on personalized recommendations and follow-up
- Year-over-year comparison of test results
- Post-assessment feedback from the physician to discuss results and to formulate a strategy for mitigating any health risks

Other

- Basic immunization update (D2T5; Polio; MMR)*
- Prescription renewal, if medically indicated
- Referrals to specialists, if medically indicated
- Coordination of external and internal appointments

Notes: Some aspects of the above may vary depending upon the patient's age, gender, and personal risk factors, as well as provincial and College regulations. In Québec, a patient can only do the tests noted with an asterisk (*) if the physician determines that these tests are medically necessary during the patient's initial medical assessment.

Elite - Preventive Health Assessment details

Medical assessment

Comprehensive review of major body systems, including:

- Ear, nose and throat
- Lungs
- Digestive
- Urinary
- Heart
- Musculoskeletal
- Skin

Review of lifestyle habits and preventive health practices. Discussion of risk for cardiovascular disease and cancer.

Women's health

- Pelvic examination*
- Pap test (liquid)*
- Counselling regarding menopause, osteoporosis, premenstrual syndrome, fertility, etc.

Men's health

- Prostate assessment and genital examination*
- Counselling regarding erectile dysfunction, libido concerns, andropause, etc.

Vision, hearing and lung function*

- Eye pressure test (> 40 years)
- Vision test
- Hearing test
- Pulmonary function test

Nutrition coaching

- Review of your eating habits, portion sizes and required nutritional intake
- Action plan and personalized recommendations to help you achieve your goals, such as healthy weight, athletic performance, gluten-free diet, reduction of cholesterol, and more

Ultrasound*

- Assessment of internal organs, including liver, gallbladder, kidneys, spleen and pancreas, to identify and screen for health issues such as early stage renal cancer, aortic aneurysm, pancreatic cancer, and other issues

Laboratory testing*

Full panel blood work to analyze:

- Cholesterol
- Prostate-specific antigen (PSA) total and complex (> 45 years)
- Fasting blood sugar
- Complete blood count
- Kidney function
- Liver function
- Thyroid function
- Calcium and iron levels

Other

- Urinalysis
- Stool testing for fecal occult blood

Fitness assessment

- Resting and exercise electrocardiograms (ECGs)*
- Musculoskeletal fitness assessment to assess your muscular strength, endurance and power
- Functional movement screening (FMS) to identify imbalances and limitations in mobility and stability
- Health coaching to help you achieve your fitness and weight goals
- Body composition test to determine your fat mass, muscle mass, visceral fat, total body water and more (only available in Québec)

Results and feedback

- Access to a confidential online results portal focused on personalized recommendations and follow-up
- Year-over-year comparison of test results
- Post-assessment feedback from the physician to discuss results and to formulate a strategy for mitigating any health risks

Other

- Basic immunization update (D2T5; Polio; MMR)*
- Prescription renewals, if medically indicated
- Referrals to specialists, if medically indicated
- Coordination of external and internal appointments

Notes: Some aspects of the above may vary depending upon the patient's age, gender, and personal risk factors, as well as provincial and College regulations. In Québec, a patient can only do the tests noted with an asterisk (*) if the physician determines that these tests are medically necessary during the patient's initial medical assessment.

Virtual Care / Year Round Care – details

Year Round Care :

- Unlimited 24/7 physical and mental health support via text and video chat for you and your immediate family members
- Writing and renewing of prescriptions, specialist referrals and lab requisitions
- In-person support for the primary member when deemed necessary during a virtual consultation

Akira (Virtual Care) Service :

Akira brings healthcare to you: this virtual health app allows members and their family to conduct secure medical consultations with clinicians right on their phone or computer, by text or video chat.

What is Akira for?

Over 50% of primary care concerns traditionally seen in a doctor's office can be addressed through Akira.



Advice



Prescriptions



Referrals



Mental health



Imaging



Diagnosis



Labs

Addressing the broad mental health spectrum

The scope of our mental health program is broad and continuously growing. Our team of dedicated nurse practitioners and registered specialists is always available for employees to get the help they need in a way that is simple and approachable - resulting in a happier, healthier, more engaged workforce.



Unlimited, unrestricted 24/7 mental health support, every day

Because we know mental health needs rarely come up at convenient times



Clinical screening & mental health assessments

To identify and diagnose patients' mental health needs



Text and video conversations

Lowering the barrier to difficult conversations



Personalized mental wellness plan management

We can quarterback the different components of your care



In-house bridge to psychiatry

Our psychiatrist works with our NPs to develop individual treatment plans



Referrals to registered mental health therapists

In-app video appointments with psychologists, psychotherapists, RSWs/MSWs

On-demand

46.8 Sec

Median response time

National

Coverage in French & English

Available

24/7

Family friendly

One membership for partners & children

M1 – Add On

M1 provides medical support 24 hours a day, every day of the year. With our medical support line, we provide round-the-clock medical support with nurses available to answer any questions or concerns you may have concerning your health.

When needed, M1 clients can visit any one of our executive health clinics across the country for a consultation with one of our physicians during business hours. M1 provides you with informed, professional medical support when you need it.

