



# CERIDIAN LIFEWORKS

## Employee Assistance Program and Wellness Solutions

Imagine how much more your organization can accomplish with the resources, tools and support your employees need to be happier, make healthier choices and effectively manage personal and professional challenges.



**LifeWorks**

## EMPLOYEE ASSISTANCE PROGRAM (EAP)

Imagine how much your organization could accomplish with healthier, even more productive employees.

Join the more than 8,000 Canadian organizations that already trust Ceridian LifeWorks to support more than one million employees and their families.

Employees and their immediate family members can access online, telephone or in-person counselling. As a result, LifeWorks uniquely delivers 95% of its EAP services in person and only using specialized, rather than general, counsellors.

According to Health Canada, Employee Assistance Programs offer a return on investment of up to 375%.

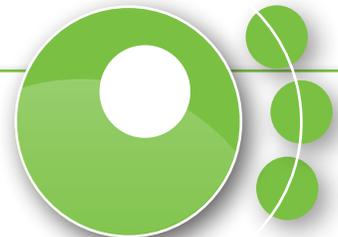
### CORE EAP SERVICES



- **24/7 Service Centres:** Every call or email is answered by a trained consultant, providing employees with confidential access to resources, tools and support.
- **Specialized Counsellors:** If required, employees can access immediate counselling by phone from specialized professionals with a minimum of a Master's Degree in counselling, social work, psychology or a related mental health profession. Counsellors can also support employees through assessments, referrals, planning and follow-ups.
- **In-Person Counselling:** Referrals to LifeWorks' network of more than 3,000 professional counsellors and affiliates across Canada may be provided for in-person counselling.
- **LifeWorks Online and LifeWorks Mobile:** Confidential access to practical information and educational resources via an award-winning EAP website and the LifeWorks Mobile app available for iPhone, BlackBerry, and Android smartphones.

### ADDITIONAL EAP SERVICES

- Training and Development Sessions including more than 100 employee effectiveness seminars, manager training sessions and other specialized services
- Comprehensive Ceridian Learning Solutions
- Substance Abuse Professional (SAP) Services
- On-site Wellness Clinics powered by Centric Health
- Critical Incident Stress Management



## WELLNESS SOLUTIONS

### CERIDIAN HEALTH RISK ASSESSMENT



HRA

A confidential online assessment your employees can complete to identify their unique health risks, enabling your organization to target its wellness programs.

In 2010, full-time employees missed an average of 9.1 days, most for illness or disability (7.4 days) and the rest for personal or family reasons. As a result, Canadian employers lost approximately 100 million workdays for full-time employees.

*(Uppal, Work Absences, 2010)*

### CERIDIAN WELLNESS ONESOURCE



ONESOURCE

A comprehensive solution that combines health and wellness tools into a convenient online portal to measure health risks, encourage positive lifestyle behaviour change, and support organizational wellness strategies.

- **Identify relevant health risks:** Ceridian's interactive Health Risk Assessment questionnaire.
- **Monitor body metrics:** Body Mass Index (BMI), blood pressure, HDL/LDL cholesterol levels, and more.
- **Inspire and engage employees:** Health and Wellness Challenges that encourage and motivate employees.
- **Provide online wellness coaching:** Self-directed online coaching programs to help employees address health risks in the areas of stress management, weight management and smoking cessation.

### WELLNESS COACHING



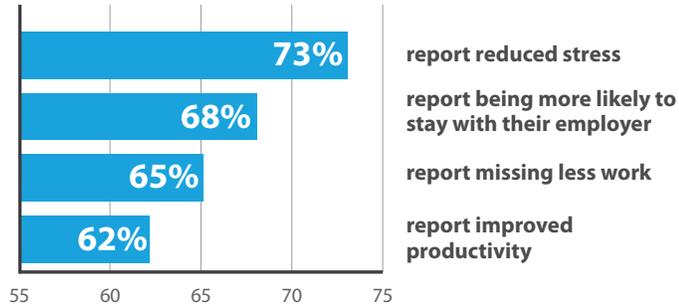
COACHING

More in-depth, highly personalized health coaching programs with one-on-one coaching support tailored to each individual employee.

- The solution offers three specific program modules; Smoking Cessation (**iCanQuit**), Weight Management (**iCanChange**), Stress Management (**iCanRelax**) as well as a fourth program, a general health module for those with broader wellness goals management and smoking cessation.

### TRUSTED RESULTS

Among LifeWorks EAP/WL participants in our confidential user survey:



### DISCOVER YOUR CERIDIAN LIFEWORKS ADVANTAGE

Speak to a Ceridian LifeWorks representative to learn more about how EAP and Wellness Solutions can benefit your employees and your organization.

**CALL TOLL-FREE 1.877.237.4342**

#### ABOUT CERIDIAN CANADA

Ceridian Canada is a human resources solutions provider that helps customers optimize their workforce, reduce costs and save time by finding, paying, developing and engaging their talent. With over 40 years of experience, proven expertise and recognized service excellence, Ceridian Canada is a trusted partner to 43,000 Canadian customers. Ceridian's solutions include payroll, Dayforce Human Capital Management, HR information services, recruitment and staffing services, Employee Assistance Programs, training and more. With offices from coast to coast, Ceridian Canada provides services to more than three million Canadians. Ceridian Canada was established in 1968 and is based in Toronto, Ontario.

