

## Health and Wellness



### Your Employees' Health and Wellness: the Heart of your Company's Success



**Is increasing employee engagement a priority for you?**  
**Would you like to remedy a high absenteeism rate?**  
**Looking to reduce your group insurance premiums?**  
**Want to lower your disability costs?**

**Find out how a health and wellness program tailored to your unique situation can help you reach your organizational objectives while maximizing the return on your investment.**

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[Optimum Actuarial Consulting](#)

## Our Services

Whatever your reality, the experts at Optimum Actuarial Consulting can help you design, implement and monitor your health and wellness program and offer solutions tailored to the demographics of your group:



- **Step 1 – Current Status**

- Evaluate current reality;
- Employee survey;
- Analyze participation rate for existing program, if any.

- **Step 2 – Objective**

- Define objectives;
- Implement key performance indicators;
- Analyze possibilities and market trends.

- **Step 3 – Health and Wellness Program**

- Implement a health and wellness program tailored to your needs;
- Establish a communications strategy.

- **Step 4 – Control and prevention**

- Measure program impact against key performance indicators;
- Deploy the communications strategy;
- Identify risk factors using a predictive analytics model;
- Continually improve the offering to increase the participation rate.

## Why Choose Optimum Actuarial Consulting?

### Tailored Solutions

We offer solutions that are tailored to your unique situation and that put you in control.

### Human Capital

Our expert team of total compensation specialists is backed by the expertise of the Optimum Group and its 600+ employees worldwide to fully satisfy your needs.

### Professionalism and Code of Ethics

Our team consists primarily of Fellows and Associates of the Society of Actuaries and the Canadian Institute of Actuaries who uphold the codes of ethics of these organizations. Our experts also embrace the Optimum Group's values: customer focus, employee focus, integrity, expertise, risk management, rigorousness and solidity.



## Optimum Actuarial Consulting

Optimum Actuarial Consulting is proud to share its expertise in the design of health and wellness programs. By pairing its actuarial expertise with the human capital of the Optimum Group, our team of actuaries and human resources consultants offers solutions tailored to your unique situation with the objective of making your investment profitable.

The health and wellness of your employees centres on three main pillars: physical health, mental health and financial health. There are many health and wellness programs out there, but a program tailored to your employees' lived experience allows you to:

- Enhance employee engagement;
- Reduce absenteeism;
- Reduce your group insurance premiums;
- Lower your disability costs;
- Decrease employee turnover;
- Increase happiness at work.

If you would like to find out how a health and wellness program tailored to your needs can help you reach your objectives, feel free to contact us.

[Click here](#) to send us an email or call us at 514-288-1620 or toll free at 1 866 387-1301 to speak to a consultant.



### Optimum Actuarial Consulting, Member of Optimum Financial Group

Since 1969, Optimum Financial Group is dedicated to the financial security of its clients. Global and privately owned, it is diversified in the sectors of life insurance, general insurance, life reinsurance, actuarial consulting, asset management, information technologies, and real estate. The Group has more than 600 employees in subsidiaries mainly across Canada, in the United States and in France. Its revenues generate more than one billion Canadian dollars, its assets exceed 5.4 billion Canadian dollars and its assets under management total 7.8 billion Canadian dollars.

#### OPTIMUM CONSULTANTS & ACTUARIES INC.

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