

QuikCare

Mental Wellness



You're amazing... we want
you to **stay that way.**[™]



The Mental Health Challenge

One of the biggest issues when it comes to absenteeism is mental health. However, Canadian employers are still struggling to come up with mental health programs that address the issue effectively.

Workplace mental health is a priority issue. Currently, **one in four Canadians** leave work due to anxiety, stress and depression. The Canadian Mental Health Commission estimates mental health costs the economy **\$50 billion annually**, and every week more than **500,000 Canadians** are off sick due to mental stress or illness. Mental illness is one of the top three drivers for **80 percent** of short and long-term disability claims.

25% 

of Canadians leave work due to anxiety, stress and depression.

The Canadian Mental Health Commission estimates mental health costs the economy

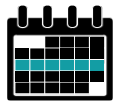
\$50 BILLION

annually.



More than

500,000 Canadians



are off sick due to mental stress or illness, every week.



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Your Path to Mental Wellness

TeksMed has developed an extensive best practice approach to mental wellness and the associated disability management that can arise from mental health conditions.

The **QuikCare Mental Wellness** program has been designed to improve functional wellbeing, allowing for fewer absences and a greater quality of life. Employees struggling with mental health benefit from assistance that enables them to stay productive at work and handle life's challenges. This is achieved by utilizing a specialized psychological treatment, with a strong focus on mental and emotional resiliency.

How the program works

By implementing rapid access to Cognitive Behavioral Therapy (CBT) we ensure that employees get effective psychological treatment that will improve as well as sustain their overall mental health. The program provides CBT with a psychologist for a range of psychological conditions including **Anxiety, Depression, Stress, Insomnia, PTSD and Panic Disorders**.

CBT is delivered virtually in the form of digital therapy sessions in the comfort and privacy of the employees' own home for up to 12 weeks. Employees feel supported, get the care they need digitally and are able to recover sooner – and mentally stronger. This confidential, evidence based treatment **alleviates the social stigma** associated to mental health care. Should more intensive therapy or psychiatric intervention be needed escalation can be facilitated.



Dave suffers from anxiety which often causes him to be unproductive at work with sporadic absences.

Without QuikCare Mental Wellness



The family physician prescribes medication, but Dave still feels anxious and is underperforming at work.

Dave's doctor sends a referral for a psychiatrist, scheduled 6 months after his visit to the doctor.



Dave struggles at work, takes medication for weeks becoming more and more unsettled by the long wait.

Following months of waiting Dave starts to worsen and feels increasingly undervalued.



Outcome: Dave is now unable to work, he's feeling forgotten and unappreciated.

With QuikCare Mental Wellness



Dave calls the QuikCare Mental Wellness helpline and TeksMed immediately conducts a telephone interview with him.

TeksMed quickly schedules a psychological assessment to establish the proper diagnosis.



TeksMed swiftly arranges Cognitive Behavioral Therapy (CBT) immediately, for Dave's treatment and care.

TeksMed regularly follows up with Dave to check in on his treatment progress and care path.



Outcome: Dave is happily at work, feeling valued and appreciated.

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What is CBT?

Cognitive Behavioral Therapy (CBT) is a short-term therapy with long term benefits that is structured and focused on providing employees with skills to help manage their emotions, thoughts and behaviours. CBT can help employees to change how they think (“cognitive”) and what they do (“behaviour”). These changes can help them feel better. CBT focuses on the “here and now” problems instead of focusing on the “root causes” of distress or symptoms, which may have originated in the distant past. CBT uses a skills-oriented approach to problem solving that will help employees find ways to improve their state of mind now, and help them to develop techniques so they can avoid problems in the future.

How does CBT help?

Results show that CBT based therapies consistently increase the employees well-being and decrease the employer's overall expenses. CBT is effective alone, or in combination with medication for the treatment of mood, anxiety and several other psychological disorders. **CBT enhances the employees resilience** which equips them to adapt and cope with negative situations and adversity such as workplace and financial worries, relationship issues or health problems.



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Case Management

The program's success is built on fusing a supportive case management approach to the employee with the very best in psychological treatment. **Strong effective communication** with the employee is crucial and effective.

It is vital that workplaces as well as case management teams are supportive of the employee's unique situation and not adversarial. When the employee knows that they are being provided with **effective support in a caring manner** it significantly improves the success of a timely and sustainable return to well-being and productivity.

The unique skills required for **psychological case management** also require a clear understanding of disability case management strategies and resources. Specific skills are required in communication, assessment planning, implementation and follow up. Our exceptional Case Management team is there to assist the employee every step of the way. From the moment of first contact our case managers ensure the prompt referral to a psychologist for treatment and the care essential to the employee's recovery and psychological rehabilitation.

The goal of our case managers is to increase the employee's functioning and return them back to a healthy state of mind as soon as possible. Once treatment is complete they will follow up with the employee to determine if there is anything else that they require, whether treatment should be extended and/or their care path altered.

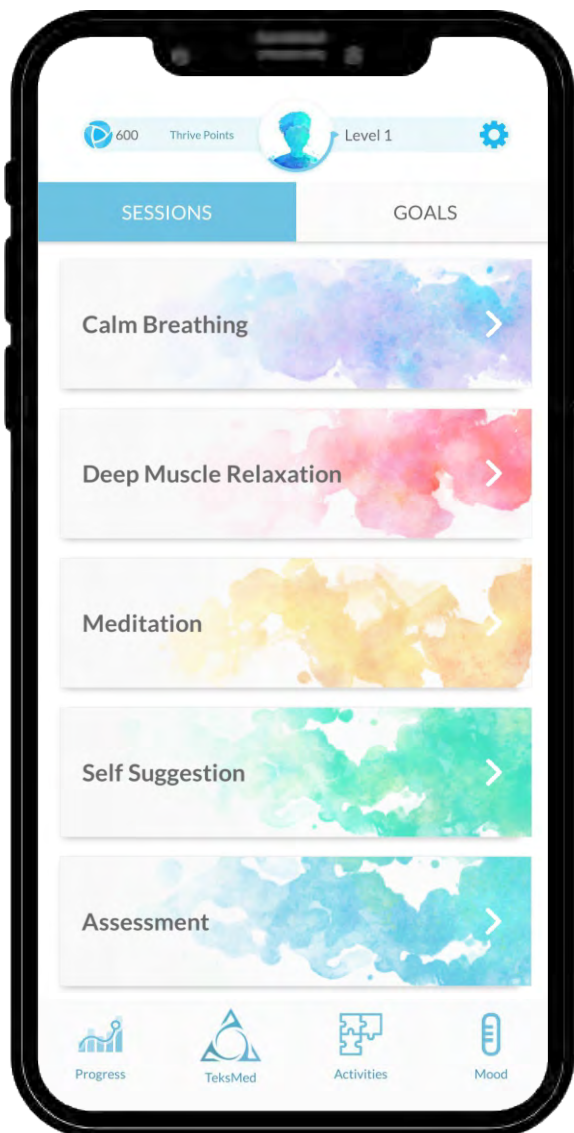


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BONUS Thrive, A Mental Wellness App

In addition to the CBT program available to your employees through QuikCare Mental Wellness, TeksMed is excited to offer exclusive access to **Thrive**, an app-based self-driven platform that will allow users to access support, information and coping techniques, anytime and anywhere.

The app uses validated clinical scales to screen and then prompts users to seek help when necessary. It enables users to find all of the valuable support options available to them at the touch of a button. The self management aspect allows people affected by mild depression and anxiety to recover in **half the time** it would normally take when using Thrive.



Prevention

Based on user feedback, Thrive creates personalized goals in order to reduce risk factors. Daily activities are suggested to improve resilience and general wellbeing. Stress reducing techniques and fun, distracting games help to keep users in a positive mental state.

Screening

Thrive uses clinically validated questionnaires to detect depression and anxiety. Users are presented regularly with the opportunity to submit information about mood, stressors, and circumstances, which are then used to identify negative thought patterns.

Self-Management

Users are provided with a variety of activities, relevant information and appropriate techniques to self-manage their condition. The support presented by Thrive is available anytime they feel they need help, at the touch of a button.

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