

**GROUP INSURANCE**

# Your Health & Wellness Companion



**A partner  
you can trust.**

[www.inalco.com](http://www.inalco.com)



# Use your Health & Wellness Companion as often as you like

[ia.wellnesscompanion.com](http://ia.wellnesscompanion.com)

## A confidential Health & Wellness Companion

The Health & Wellness Companion is a secure and interactive website, approved by the Canadian Medical Association, that offers three main services:

- › A **personalized health profile** established using questionnaires that evaluate your lifestyle habits (nutrition, sleep, stress, physical activity, etc.) and your main health risk factors.
- › A **health record** that can be used to consolidate all your personal and family health information (illnesses, medications, allergies, vaccinations, etc.).
- › A **database of reliable information** (asthma, cholesterol, diabetes, cancer, mental health, medications, etc.).





## Establish your health profile

Do you eat well? Do you get enough exercise? Are you getting enough sleep? Do you suffer from depression or just passing bouts of the blues? Sometimes our busy lives make it hard for us to see the big picture, so answering these kinds of questions can be challenging.

Your Health & Wellness Companion gives you access to self-assessment tools that will give you better insight into your lifestyle habits and the impact these habits have on your health. With just a few clicks, you have access to questionnaires and assessments validated by health care professionals. You can choose to do an overall health assessment or target specific problems such as stress levels or eating habits. Once you've completed the questionnaire, you'll have instant access to a report that gives you a detailed analysis of your situation.

If the report indicates that your lifestyle habits are less than ideal, don't worry: the website offers easy tips and ideas on how to improve your health. Later you can update your information and monitor your progress.

## Create your personal health record

Did you get a flu vaccination two years ago? Where did you put the phone number of your child's dermatologist? What medications are you currently taking? When did your elderly parent last visit the doctor? When it comes to looking after the health of ourselves and our family, there's a lot of information to remember. Your Health & Wellness Companion offers a secure, confidential way to centralize all your information. By keeping a complete, up-to-date personal health record, you'll ensure that the information you need is always at your fingertips, and that it's accurate, organized and easy to manage too.





## Find reliable information

Finding reliable health information can take a lot of time and effort. With your online Health & Wellness Companion, you have access to a database of articles approved by health care professionals. This part of the site contains records listing the symptoms, causes and treatments for countless illnesses, both physiological and psychological. You'll also have access to records describing a variety of medications, along with their various uses and side effects. These pages also provide first aid information and useful tips. Whether you have a skin irritation caused by dust mites or you're caring for a colicky baby, you'll find lots of helpful hints to make your life easier.

## How to access your Health & Wellness Companion

Using your Health & Wellness Companion couldn't be easier.

- › Go to the **ia.wellnesscompanion.com** website.
- › Sign up by entering your group insurance contract number.
- › Follow the instructions to create your personal username and password. Once you're registered, you can access your personal record at any time.

# Your Health & Wellness Companion

Confidential online services to help you manage your health and that of your family

- › A personalized health profile established using questionnaires that evaluate your lifestyle habits.
- › A confidential health record that can be used to consolidate all your personal and family health information.
- › A database of reliable information about various health-related topics.

The elephant,  
symbol of our 100 years  
of strength and longevity.

