



Exan hosts one of the largest online health support databases in the world. There are more than 15,000 articles on various health topics, including healthy eating, stress management, ergonomics, emotional intelligence, and relationship health as well as a huge library containing the latest mental health information. Use the easy keyword search to locate an article on your topic of choice.

The portal includes 27 self-assessments, such as "Assess Your Relationship," "Emotional Health," "Stress Resilience" and many more. There are also 18 biomarker scorecards for

employees to keep track of any physical tests that they take (such as their cholesterol, and blood sugar). All 45 scores make up the personal Health Tracker where employees can manage their own health and receive feedback on how they can improve it.

The health portal is customized with your corporate branding and linked from your corporate website or intranet. It provides 24/7 support for employees and their families and serves as the base for all Exan's interactive employee wellness programs.

More interactive programs in the Health Portal

- ✓ **Health TV Library** -- online health videos for employees that prefer to watch rather than read.
- ✓ **Online journal** -- put your thoughts down online, with the option of sending your notes to your coach or therapist.
- ✓ **Calorie Counter and Meal Planner** -- know the calorie and nutritional content of the food you eat and design meal plans suited to your dietary needs.
- ✓ **Ergonomics tips.**
- ✓ **Multimedia stress management workshop** -- interactive online workshop to improve stress management.
- ✓ **Weekly access** to mental-health experts via email, phone coaching or group workshops
- ✓ **Relationship Health** -- a large section on relationship health gives strategies on how to reduce stress and mental illness, resulting in a healthier corporate culture.
- ✓ **Kids' Health** -- tips on how to improve your kids' health, and assess your parenting skills.
- ✓ **Alphabetical condition search.**
- ✓ **"Email your question to an expert"** -- get answers from health experts to your health related questions.
- ✓ **Access to Exan health experts** -- medical doctors, naturopathic doctors, behavioral psychologists, health coaches, nutritionists, counsellors.
- ✓ **Online forums and blogs** -- creating an online community to support healthy lifestyles.