

Webinar- Health and Wellness

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**MELDRUM
HORNE** WE PLAN.
YOU BENEFIT.



Meldrum Horne – Who are we?

Independent Advisors & Benefits Consultants

- Certified Employee Benefits Specialists (CEBS), Certified Financial Planners (CFP), Chartered Life Underwriters (CLU)
- Locally owned, dedicated team based in Ottawa with over 100 years of combined experience
- Manage and service over 250 benefit and retirement programs

Short Term Supports

Employee and Family assistance plans

- Help support employee and family related issues

Long term disability

- Ability to earn income is your most important asset

Early intervention

- Having an early intervention strategy improves the chances of the employee returning to work

Modernize Employee Benefits

Flex Plan

- Employer gains control by setting a benefits budget, employees get to choose how they allocate their benefit dollars

Wellness Program

- Set amount of money where the employees get to chose how they spend their benefit dollars

Virtual Healthcare

- Treats colds, infections, minor injuries, prescription refills, specialist referrals all from your smart phone

Fresh Approaches to Renumeration

Cash Bonuses

- Wellness account vs. Traditional bonus

Pension /GRRSP

- Average Canadian employee is not saving enough for their retirement

Non- Traditional incentives

- Gym membership
- Fitness equipment
- Daycare fees
- Pet insurance
- Kids and family sports fees and equipment
- RRSP/TFSA



WE PLAN. YOU
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