



T H O M C A S S
CONSULTING INC.

Health & Wellness Screening and Education Programs



Health & Wellness Screening and Education Programs

ThomCass Consulting Inc. is pleased to provide the following information regarding the implementation of health and wellness programs at locations across Canada. We offer preventative healthcare awareness through screening and follow up live education for those areas in need. We offer the following health screening and awareness programs:

1. [Arthritis Awareness](#)
2. [Asthma Awareness](#)
3. [Cardio-Metabolic Health Screening](#)
4. [COPD Screening](#)
5. [Diabetes Screening](#)
6. [Healthy Heart Screening](#)
7. [Mental Health Awareness](#)
8. [Nutrition Assessment](#)
9. [Osteoporosis Screening](#)
10. [Smoking Cessation Program](#)
11. [Sun Awareness program](#)

As a leading provider of Health Screening and Education Wellness, ThomCass Consulting Inc. constantly strives to improve and meet the needs of our clients. ThomCass Consulting Inc. and its network of health professionals are able to provide a wide range of proactive health services that promote early detection and prevention of illness and disease. ThomCass Consulting Inc.'s healthcare professionals use state-of-the-art screening technology that provides individuals with the necessary information to have an educated dialogue with their Healthcare Provider following our health screening programs. We are committed to bridging the gap between healthcare professionals and the general public.

We are NOT a placement agency or offer home care services.

Our company is 100% dedicated to health screening and wellness education. This commitment has allowed us to develop the expertise required to become a market leader within Canada.

ThomCass Consulting Inc. Health & Wellness Screening and Awareness Programs

Each of our programs offers a comprehensive, informative and effective solution to do something... The services our program participants receive are standardized and customer oriented. We ensure this delivery method through extensive training of our program staff.

Arthritis Awareness & Education

Arthritis is a common condition that affects the joints however it is also a term used to categorize over 100 conditions. Participants will have the opportunity to see how illness can affect their ability to function in daily life through a brief assessment tool based on the Stanford School of Medicine Health Assessment Questionnaire. A unique feature of this clinic is that each participant will be provided with their HAQ Disability Index score!

Each Arthritis program appointment includes:

- ✓ Clinic Specific Education Program Brochure
- ✓ Assessment using the Stanford School of Medicine Health Assessment Questionnaire
- ✓ Theme related educational tool
- ✓ One-on-one consultation
- ✓ Prevention tips and Questions and Answers
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Asthma Awareness Program

We have a unique program covering Asthma awareness and education and how to monitor proper inhaler use. We use the In-Check DIAL which is a hand held low range inspiratory flow measurement device with a dial top. The DIAL orifices have been designed to accurately simulate the resistance of popular inhaler devices such as MDI's, DPI's, Turbuhaler and Diskus. Misusing an inhaler is becoming increasingly common amongst Asthma sufferers; this often means only a small amount of the medication reaches the patient's lungs. The In-Check Dial helps to identify whether a patient is using their inhaler correctly. This will then enables us to train patients to use more or less inspiratory force to achieve their optimal flow rate with a particular device. Individuals will also receive a copy of their screening results along with educational material on asthma.

The Asthma Program includes:

- ✓ Clinic Specific Education Program Brochure
- ✓ Inhaler use screening
- ✓ One on one consultation to review each participant's individual results
- ✓ Other Education literature pertaining to related disease states
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Cardio-Metabolic Health Screening

This clinic was designed to give an overview of the individual's health status. In this program the health professional measures cholesterol levels, blood pressure, Body Mass Index (BMI) and screens for diabetes. Clinic participants learn about the risk factors and how they can affect the results of these measurements. Participants have the opportunity to ask questions on their results of their health assessment. The Cardiochek PA and the SCOUT DS are used in this clinic.

The Cardio-Metabolic Program includes:

- ✓ Diabetes Screening
- ✓ Lipid Profile
- ✓ Framingham Scale Assessment
- ✓ BMI assessment
- ✓ Blood pressure measurement
- ✓ Waist Circumference measurement
- ✓ one-on-one consultation
- ✓ Individual Risk Assessment
- ✓ Prevention tips and Questions and Answers
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



COPD Screening

We provide a COPD screening program that can screen those patients at risk for COPD. The new Vitalograph copd-6 offers fast, simple and effective pre-spirometry screening of those at risk for COPD. The dual zones provide an instant indication of both the obstructive index and the COPD classification. FEV1, FEV6, FEV1/FEV6 measured and percent of predicted are also displayed. Subjects whose measurements are within normal range can be screened out, allowing diagnostic spirometry resources to be focused on those most at risk.

The COPD Clinic program Includes:

- ✓ Clinic Specific Education Program Brochure
- ✓ COPD Risk Assessment
- ✓ One on one consultation to review each participant's individual results
- ✓ Other Education literature pertaining to related disease states
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Diabetes Screening

This program is designed to screen for prediabetes and undiagnosed type 2 diabetes. The test is non-invasive and the employee does not have to fast. The goal is to detect the disease as early as possible, so interventions can be initiated to prevent or delay the development of diabetes and its complications. The counselling focus will be on a healthy diet and lifestyle plus referral to the employee's physician if he/she tests positive for prediabetes or diabetes. The health professional will perform the diabetes screening tests utilizing the non-invasive SCOUT DS device.

The program includes:

- ✓ Clinic Specific Education Program Brochure
- ✓ Non-invasive Diabetes Screening
- ✓ Individual Risk Assessment and Results Sheet
- ✓ Health education materials
- ✓ Prevention tips
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Healthy Heart

This clinic uses the new Cardiochek PA to conduct a cholesterol screening tests. With a simple finger prick, our new Cardiochek program can perform on the spot testing for, cholesterol and other risk factors. In a 5 minute test, the clinic participant will have their cholesterol tested as well our health professional will discuss heart risk factors and what the numbers mean in relation to cholesterol.

The Heart Health program includes:

- ✓ Full Lipid Profile screening
- ✓ Blood pressure measurement
- ✓ one-on-one consultation
- ✓ Individual Risk Assessment
- ✓ Prevention tips and Questions and Answers
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Mental Health Program

Maintaining emotional well-being can sometimes feel like a continual balancing act. Understanding how these emotions manifest and evolve is the first step to emotional wellness. In this clinic we provide a massage professional who will focus on educating the individual on identifying the key components of emotional health, and learn about the signs and symptoms, treatment, and prevention of stress and depression.

Each Emotional Health program includes:

- ✓ Clinic Specific Education Program Brochure
- ✓ Stress Reliving Massage
- ✓ Emotional Health Assessment
- ✓ Prevention tips and Questions and Answers
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Nutrition Assessment – Dietary Counselling

Maintaining a healthy weight is the key to healthy living. The TBF-300A determines body composition accurately in less than ten seconds. This unit features a column-mounted display with a built-in thermal printer. With the Goal Setter feature calculates the amount of fat mass to be lost or gained in order to achieve a pre-selected target body fat percentage. Once completed, the healthcare professional is able to calculate the individual's caloric needs for an average day and discuss how to achieve and maintain a healthy weight. This program can be serviced using a healthcare professional.

Each Nutrition Matters consultation includes:

- ✓ Clinic Specific Education Program Brochure
- ✓ Body Fat Composition Testing
- ✓ Waist Circumference measurement
- ✓ Health Risk Assessment
- ✓ One on one consultation to review each participant's individual results and dietary strategies
- ✓ Other Education literature(e.g. Canada Food Guide)
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Osteoporosis Program

Osteoporosis is a disease of bones that leads to an increased risk of fracture. In osteoporosis the bone mineral density (BMD) is reduced, bone micro architecture is deteriorating, and the amount and variety of proteins in bone is altered.

Each Osteoporosis program appointment includes:

- ✓ Clinic Specific Education Program Brochure
- ✓ Screening with the Omnisense 8000S
 - Compact and portable
 - Measurement at multiple skeletal sites
 - Ethnicity-based male and female reference databases
 - Fits WHO criteria for osteoporosis diagnosis
 - FDA, and CE approved
- ✓ One-on-one consultation
- ✓ Prevention tips and Questions and Answers
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Smoking Cessation Program

Smoking cessation can occur without assistance from health care professionals or the use of medications. Methods that have been found to be effective include interventions aimed at health care providers and health care systems; medications including nicotine replacement therapy (NRT) and individual and group counseling. Smoking cessation programs are cost-effective because of the positive health benefits. We utilize the COPD 6 device to measure lung age to raise awareness for the patient who is there to discuss smoking cessation

Each Smoking Cessation program appointment includes:

- ✓ Clinic Specific Education Program Brochure
- ✓ COPD 6 lung age determination
- ✓ Theme related educational tool
- ✓ One-on-one consultation
- ✓ Prevention tips and Questions and Answers
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



Sun Awareness Program – UV Damage Detect Camera

Using a sophisticated UV detection camera, the Sun Damage Awareness clinic identifies the sun damage that has already occurred. The health professional then provides individual risk assessments and specific information on sunscreens and prevention tips.

The Sun Damage Awareness program includes:

- ✓ Individual Risk Assessment
- ✓ UV Detect Camera photograph & assessment
- ✓ Skin Cancer and Sun Damage Educational materials
- ✓ Prevention tips
- ✓ Information that the patient can take away and share with their Healthcare Practitioner



For additional information and pricing please contact

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