

MyHealthPortal.ca

My Health Portal is a comprehensive, online health and wellness program. It provides a comprehensive array of services for you to personalize your health strategy and make it an integral part of your business.

The health and wellness of your organization's employees is directly tied to your profitability. Better health and wellness leads to increased productivity, reduced absenteeism, and increased employee satisfaction and retention.

CGI's My Health Portal is a proven tool for improving the health and wellness of your staff and achieving all of the corresponding business benefits. My Health Portal provides a platform for reaching all of your staff and conveniently providing them access to life-changing information, resources and tools to help them lead stronger, healthier lives.

KEY FEATURES

- Health risk assessment questionnaire (HRA)
- Personalized health reports for employees
- Diagnosis and action plan for employer
- Comprehensive and reliable health information
- Online access to health professionals
- Interactive health tools
- Virtual health coaches

The solution is fully customizable to meet your organization's unique health and wellness needs.

To learn more

[Contact us](#) to learn more about how My Health Portal can drive health and wellness improvements across your organization or visit MyHealthPortal.ca.



OUR EXPERTISE

CGI has developed and delivered its own global health and wellness program called Oxygen. My Health Portal is a central component of the program. Since the program's introduction, the following results have been achieved in Canada between 2010 and 2012:

- 16% increase in the physical activity
- 11% increase in work-life balance
- 9% increase in healthy eating habits

ABOUT CGI

Founded in 1976, CGI is a global IT and business process services provider delivering high-quality business consulting, systems integration and outsourcing services. With 69,000 professionals in 40 countries, CGI has an industry-leading track record of on-time, on-budget projects, aligning our teams with clients' business strategies to achieve top-to-bottom line results.