

Health is Cool 360°

HEALTH PACT

Your personal health coach

The Health PACT program offers personalized guidance by phone to help you manage a health problem that is worrying you so you don't have to take time off work.

A healthcare professional will help you identify possible solutions and support you in your efforts to improve your health and manage symptoms resulting from any of the following problems:

- Stress and Anxiety
- Depression
- Pre-Diabetes
- Type 2 Diabetes
- High Cholesterol
- High Blood Pressure
- Muscle and Joint Conditions
- Back & Neck Pain

Take advantage of personalized, confidential support

Health PACT gives you personalized support. A Health PACT coach will analyze your situation and work with you to set realistic goals to improve your health.

Quickly assess how serious your symptoms are

To assess the impact of your symptoms on your daily life, just answer a few questions online on the **Health is Cool 360°** platform or call a Health Information Specialist at 1-877-455-3561.

Take advantage of online tools

Use Health PACT's online information resources and tools to get answers to your questions, identify healthcare providers and get what you need to manage a health issue.

Health PACT is included in your group insurance plan.



The Health is Cool 360° platform and the Health Evaluation form part of the prevention component of Desjardins Insurance's service offering

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Access Health PACT now:

By phone at 1-877-455-3561 or online on the **Health is Cool 360°** platform

If you have access to the secure site for plan members:

1. Go to desjardinslifeinsurance.com/planmember and select **Access our online services**
2. Log in to your account. If you haven't registered yet, select **Register now** and follow the on-screen instructions
3. Click on the **Tools and resources** menu and then on **Health is Cool 360°**

If you don't have access to the secure site for plan members:

1. Go to www.healthiscoolprogram.ca
2. Log-in by entering your email address and password

You can also access the Health is Cool 360° platform through the Omni mobile app.

Health PACT has an impact: A real case involving stress

Matthew is a caregiver for his sick father. He consulted **Health is Cool 360°** to find resources to help him with the fatigue he has been suffering from for the past few months.

Evaluation of symptoms

Matthew read a few articles about stress and decided to complete the Health PACT online self-assessment. Based on his results, the self-assessment indicated that he should request support from the program and fill out a call-back form.

1st call

During the confidential discussion with the Health PACT coach, Matthew explained his symptoms, as well as the difficulties he was facing as a caregiver, the burden he was shouldering and its impact on his attendance at work.

The source

With the help of the Health PACT coach, Matthew identified the source of his fatigue and the stressors in his everyday life, such as not enough support managing his father's condition.

The action plan

Matthew worked with the coach to develop strategies for accessing support services for his father and started thinking about stress and an action plan.

After four telephone coaching sessions, Matthew has:

- Found volunteer transportation services for his father, so he no longer has to worry about missing work
- Obtained a few hours a week of nursing support through the public healthcare system to help his father in his day-to-day activities
- Increased his physical activity
- Improved his mood and reduced his chronic fatigue



**Health PACT:
Personalized guidance
for taking control of
your health**



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