



Healthy Lifestyle Benefits within your PHSP

Putting your employees wellbeing first

What are Healthy Lifestyle Benefits?

Healthy Lifestyle Benefits are a great add-on to an existing Private Health Service Plan (PHSP). These benefits foster positive changes in the lives of your employees. The employer can take advantage of the opportunity to offer healthy lifestyle programs, memberships and education coverage that focus on employees' well-being.

Why Healthy Lifestyle Benefits with Serre Financial?

Our advanced system and customizable PHSP allows Healthy Lifestyle Benefits to be added easily as a new benefit category for your employees. As with any Serre Financial PHSP expense category, the benefit can be limited by a dollar amount or a percentage of eligible limit for the plan year. As with all claims, Health Lifestyle Benefit claims are adjudicated and approved by Serre Financial as per the plan parameters set up by you. Your company plan administrator can access online reports that summarize the amounts claimed under each category. This is key for reporting taxable benefits such as Healthy Lifestyle Benefits on the employees' T4.

Consider the Highlights:

Healthy Lifestyle Benefits make it easier for employees to be physically and mentally healthier by offering affordable and therefore easier access to things like:

- weight control programs
- gym memberships
- personal trainers
- smoking cessation programs
- wellness programs
- healthy-eating/nutrition education

- fitness equipment
- fitness apparel
- health related services
- health related devices
- wellness products
- weight management

The value of Healthy Lifestyle Benefits to employees are clear:

- longevity
- happiness
- good health
- positive attitude
- higher self esteem
- improved focus

Employers benefit from the positive impact on the workplace that can be both dramatic and long lasting:

- reduced absenteeism
- improved productivity
- reduced injuries
- improved morale
- employee retention

For more information contact us at 1-866-927-0011 or services@serre.ca