

Why Partner with Clinemetrica

Who we are

Clinemetrica (www.clinemetrica.com) is owned and operated by a team of health care professionals and scientists that are associated with the McGill University teaching hospitals. Our in-house disciplines include medicine, kinesiology, nutrition, psychology and business. We run McGill's Comprehensive Health Improvement Program, as well ([hyperlink](#)).

What we do

1. We deliver measurable health improvements for employees.
2. We enable employers to build the organizational capability to improve employee health, increase productivity, and lower costs.
3. We shape the art of employee engagement and the science of wellness, having published over 100 scientific articles. Several of these publications are considered landmark studies which have guided treatment recommendations worldwide.

How we do it

Wellness programs are usually based on some combination of exercise, nutrition, and mental health. It is how these programs are designed and delivered that makes all the difference. Here is how Clinemetrica delivers results.

1. *We use the best science to develop our wellness programming* – We actively



publish in scientific journals, and are up-to-date with the evolving evidence base. That means we can deliver best-in-class programming that is based on proven practices and emerging knowledge, while being better able to separate fact from fiction.

2. We work directly with employees to improve their health – Behaviour change is a vexing challenge for many. As health care professionals running the Comprehensive Health Improvement Program (CHIP) at McGill, we have direct experience in helping countless individuals regain control of their health. We help employees interpret their biometric & health risk assessment data, and to develop wellness plans that suit their health status, goals & motivational triggers. We coach them in the development of new knowledge, skills and habits. That keeps them focused and engaged.

3. We enable employers to build a culture of wellness – Harnessing the power of



the group is central to sustaining individual behaviour change. We use our organizational change expertise to help the organization build a culture of wellness; by aligning practices, policies, reinforcing actions, and communications.

4. We take care to measure – As Dan Drucker famously said, “What gets measured gets improved.” While the evidence shows that wellness initiatives can improve employee health and lower costs, it’s not good enough to simply assume that every program will be equally effective. Our proprietary software not only enables participants to track their progress, but also enables us to measure and report on progress including key health and business metrics. That means we can validate whether we are hitting the mark, and make improvements if the results fall short. Ultimately, you will know whether your wellness investment is delivering on your goals.