



INTEGRA
HEALTH CENTRE

CORPORATE HEALTH & WELLNESS

Work Hard. Live Well.

130 KING ST, WEST, SUITE 1320
TORONTO ON M5X 1C8

P: (416) 777-9355
F: (416) 777-9365

199 BAY STREET, SUITE C-126
TORONTO ON M5X 1C8

P: (416) 777-9333
F: (416) 777-9331

INFO@INTEGRAHEALTHCENTRE.COM

ABOUT US:

Founded in 2015, Integra Health Centre was built on the idea of bringing a truly integrated model of healthcare never seen before. Offering such services as Walk-in, Family Medicine, Allergy Medicine, Physiotherapy, Pelvic Health, Shockwave, Chiropractic, Acupuncture, Registered Massage Therapy, Osteopathy, Naturopathy, Dietetic and Nutritional counselling, Psychotherapy and more, we are a "one stop shop" for all your health and wellness needs.

Integra Health hosts a patient centered model of care where practitioners work collaboratively as a team. Our patient demographic comprises corporate and executive business professionals, young working families, athletes, and other urban dwellers.

Rapidly expanding and in high demand, Integra's all encompassing mentality makes us leaders in our industry.

WHAT WE OFFER:

ON-SITE MOBILE SOLUTIONS

Integra's roster of experts provide tailored assessments with one on one care to ensure your team's optimal health and wellness. Energize your employees and boost their productivity at the comfort of your office.

Our mobile rehabilitation teams include a variety of practitioners including:

- Chiropractors
 - Physiotherapists
 - Registered Massage Therapists
 - Chiropodists
- and more

EMPLOYER TRAINING SOLUTIONS

Integra provides employer and employee training solutions including our most recent 'Return to Work' mental health course, supporting a successful integration back into the workplace. This course was created with 'go at your own pace' modules with supporting downloadables and toolkits for your workplace needs.

COVID-19 SAFETY SOLUTIONS

Offering both on-site and mobile clinical delivery solutions to the community and corporate partners. Integra provides end-to-end staffing, clinical operations and administration for your organization's COVID-19 safety needs including antigen screening programs, travel testing etc.

MENTAL HEALTH SERVICES

Our team of registered professionals specialize in a broad range of therapeutic concerns to help enable you with the skills required to cope with stress and anxiety effectively. These services include:

- Individual and Group Therapy Sessions
- Webinars and Seminars
- Courses and Customized Resources

EMPLOYEE HEALTH & WELLNESS PROGRAMMING

Event content is created uniquely for each of our partners, to fit the specific needs of your clients or staff. We provide workshops, webinars, throughout the year. With memberships and packages available, Integra Health can help build out your programming of health and wellness events and content for your employers for the entire year.

CORPORATE HEALTH & WELLNESS

Integra Health is proud to offer Corporate Health Services including:

- Express Virtual Care
- Annual Membership Care - Integra+ (Launching 2022)
 - Access for individual and families
 - Uninsured medical and allied health services
- Access to Family Practice services
- Access to After-hours nurse practitioner (Launching 2022)

EDUCATION:

Integra Health is a recognized leader in its educational services highlighting collaborative medicine with a multitude of topics through; workshops, webinars, retreats, seminars etc for over 5 years. Many of our corporate educational events and seminars have since been converted to virtual modules and/or digital toolkits.

In light of COVID-19 we are offering webinars with our award-winning experts that cover at home ergonomics, panel discussions with our doctors, workshops and stretch classes. We will be recording all of these to ensure that this information will be accessible to all.

We cover varying topics including:

- Home Ergonomics
- Healthy Eating
- Irritable Bowel Syndrome
- Meditation
- Mental Wellness
- Mindfulness
- Parenting
- Pelvic Floor Dysfunction
- Pre & Postpartum pains
- Stretching for Runners, Golfers, Swimmers, Professional Athletes, etc.
- Workplace Injury Prevention
- ..and so much more.

COMMUNITY PARTNERSHIPS:

Brookfield

EQUINOX

CF Cadillac Fairview

 QuadReal™

HAWORTH

fundserv
certainty.

KRCG
CHILDREN'S CHARITABLE FOUNDATION

 lululemon

LOLë

new balance

Saje
NATURAL WELLNESS

Running Room LTD.

CIBC

Stikeman Elliott

 Ontario

 Toronto

WE LOOK FORWARD TO SUPPORTING YOUR HEALTH AND WELLNESS NEEDS
FOR MORE INFORMATION CONTACT US AT INFO@INTEGRAHEALTHCENTRE.COM