



ASEBP's Health Services

The Alberta School Employee Benefit Plan (ASEBP) is a health organization committed to using a holistic approach to create programs, services and resources that foster healthy lifestyles and support the development of healthy workplaces. The following health services are available to school jurisdictions and can be used to launch or support the development of a wellness program in your district.

Self-Directed Wellness Guide Workshop

Available as a site or district-wide program.

Employee health is an essential part of comprehensive school health. Enhance your current employee health program or get a head start on building one with a Self-Directed Wellness Guide Workshop.

The Self-Directed Wellness Guide has been tailored to the unique work environment of Alberta schools and integrates employee wellness into school culture.

The ASEBP Self-Directed Wellness Guide is a step-by-step resource and workbook available to schools, districts and groups covered by ASEBP. Learn how to use our SCHOOL formula to plan, build and sustain a thriving wellness program. An ASEBP Health Advisor will take you through an orientation to the guide, conduct a brainstorming session to help you get started and connect you to available resources.

Employee Presentations

Invite the ASEBP Health Team to provide a dynamic Professional Development Day or Lunch 'N' Learn presentation, focused on the latest health information.

To meet your district or school needs, we have developed a number of different presentations for you to select from:

- mental health
- nutrition
- physical activity
- exercise and stretching sessions

Presentations can be tailored to range from a half hour to two hours in length. Sessions are designed to provide up-to-date information and opportunities for questions.

Diabetes Prevention Clinic

Available as a district-wide program.

Even though it is often preventable, Type 2 diabetes is on the rise in Alberta. This clinic builds awareness about Type 2 diabetes including risk factors and prevention strategies. In a one-on-one confidential session, employees can be screened for their individual risk of developing Type 2 diabetes and discuss their results with a Health Advisor. Individuals identified as being high risk for Type 2 diabetes will have the opportunity to have their blood glucose levels checked. An opportunity for confidential follow up by phone is also available.

Body Composition Clinic

Available as a district-wide program.

Gain a better understanding of what body mass is composed of, including a breakdown of muscle, fat, water and how many calories the body burns at rest. The program includes an initial scan and a confidential discussion about the results with a Health Advisor. The clinic also includes a repeat assessment six months following the first session.

Healthy Living Program

Available as a district-wide program.

The Healthy Living Program (HLP) is an integrated, long-term, collaborative solution that helps school districts create a healthy living culture in the workplace. The program is based on a comprehensive workplace health model and involves a multi-year commitment between school jurisdictions and ASEBP.

Through this program, staff gain awareness of their current health status and risks, by participating in a voluntary and confidential consultation with a contracted registered nurse. The consultation includes a biometric screening and the completion of the Health Risk Assessment on the Apple-a-Day website. Participants also receive an individual counselling session with the registered nurse to discuss their results.



Once the sessions are completed across all sites, aggregate-level results are shared with your district to inform you of the collective employee health risks. This valuable information is used to support your district in developing a wellness program that targets your own employees' identified needs and interest.

ASEBP Health Advisors follow up with your district to support your healthy living committee(s) as they create a sustainable workplace environment of health and wellness that will be part of your district culture for years to come.

Apple-a-Day Online Resources

The Apple-a-Day website provides covered members with exclusive access to an online Health Risk Assessment (HRA). ASEBP covered members can complete a HRA every calendar year to receive a personalized health report and access free, confidential follow up health coaching in one of any of the following areas of interest:

- nutrition (two hours)
- physical activity (two hours)
- stress management (two hours)
- tobacco cessation (five hours)

The experience of completing the HRA can also encourage employee interest and support for developing a wellness program in your district.

The Apple-a-Day website also provides covered members with valuable, Canadian-based health information and tools including:

- information on medication, natural products and medical conditions
- information on what to expect during medical procedures

To access the Apple-a-Day website, visit www.asebp.ab.ca and click on the Apple icon on the main page. Once you are logged in you are no longer on the ASEBP site, but a separate Apple-a-Day website run by Homewood Health Inc., a third-party organization.

ASEBP's Health Services Line: 1-888-431-5875

To book a presentation, workshop or clinic, or for more information on any of our health services call (780-431-5875 or toll free 1-888-431-5875) or email health@asebp.ab.ca, and leave a message with the nature of your request. A member of the Health Services Team will respond to your inquiry.