

# Make Care Health Corporate Program

---

**MAKE WELLNESS A PART OF YOUR STRATEGIC ADVANTAGE**

Dr. Kaylee Alton, ND

**Serving companies across Canada and the USA**

[hello@makecarehealth.com](mailto:hello@makecarehealth.com)

[www.makecarehealth.com](http://www.makecarehealth.com)

MAKE CARE  
HEALTH

# THE MAKE CARE SOLUTION

---

Relationship led, preventative health.

Education and assessment programming that aligns with benefits, empowers employees before crisis, and supports engagement, morale, and retention.

MAKE CARE  
HEALTH

# WELLNESS MATTERS

---

## The Problem with Traditional Corporate Wellness

- High Absenteeism
- \$2,650/year lost per salaried employee
- 💔 Mental Health Crisis
- 61% of turnover linked to poor mental health
- 🚫 EAPs Underused
- Employees often don't trust or engage with reactive care
- 📊 Productivity Drops
- 89% of employers say stress affects team performance

MAKE CARE  
HEALTH

# WHY NOW?

---

## The Return to Work Era

- As employees return on-site post-WFH, workplace stress and disengagement remain high.
- Companies that invest in ongoing proactive support stand out as caring, agile, and forward-thinking.
- The smarter, ROI-driven approach to wellness reduces presenteeism, builds loyalty, and strengthens culture in hybrid environments.

## PAST CORPORATE PARTNERSHIPS

---

“We brought in Dr. Kaylee at Anomaly when we were looking to improve our company culture —on-site and virtual workshops + consults. It was a big hit with our team.”

— Franke Rodriguez, Partner/CEO, Anomaly



MAKE CARE  
HEALTH

# PAST CORPORATE PARTNERSHIPS

---



HermanMiller

**GREY**

Famously effective since 1917

**KOTN**

Anomaly

**Deloitte.**

**Cundari**

**Achievers**

MAKE CARE  
HEALTH

# THE BUSINESS CASE

---

## ROI on healthcare costs

- 95% of companies measuring ROI report positive returns from wellness programming; nearly two-thirds earn \$2 for every \$1 spent

([LinkedIn+2Wellhub+2Talkspace for Business+2.](#))

- Healthcare costs drop for 91% of HR leaders, absenteeism drops for 89%

([Talkspace for Business+5Wellhub+5promotioncorporatewellness.com+5.](#))

## ROI on attrition

- Companies with wellness programs see 25% lower turnover than those without

([loyalsource.com+8infeedo.ai+8americannfidelity.com+8.](#))

- Highly effective programs yield 9% voluntary turnover versus 15% at low-performers

([infeedo.ai](#))

## ROI on performance

- 84% of employers report increased productivity and performance after wellness implementation

([Talkspace for Business+2promotioncorporatewellness.com+2The Australian+2.](#))

- 41% boost in employee morale, 43% reduction in stress, 50% increase in productivity (with mental + physical wellness programming)

([promotioncorporatewellness.com](#))

MAKE CARE  
HEALTH

# BY THE NUMBERS

---

## Benefit

## Quantified Impact

- |                         |  |
|-------------------------|--|
| • ROI on Healthcare     | • 95% of companies positive; ~\$2 return per \$1 |
| • ROI on Absenteeism    | • \$3.27 / \$2.73 saved per \$1                  |
| • Productivity Boost    | • Up to 50% productivity gain                    |
| • Reduction in Turnover | • ~25% reduction; as low as 9% vs 15%            |
| • Morale Impact         | • + 41% morale / -43% stress                     |

Companies with high-impact wellness programs have 6% lower voluntary turnover.

**Harvard Business Review, Wellhub, Talkspace, Pacific Prime**

MAKE CARE  
HEALTH



# CITATIONS

---

1. Absenteeism & stress costs — \$2,650 / \$3,600 per employee; stress-driven attrition stats [Investopedia](#)
2. ROI returns & healthcare/absenteeism savings metrics [WellhubWikipediagetforte.com](#)
3. Turnover reduction & retention stats [Wikipedia+3infeedo.ai+3IncentFit+3](#)
4. Productivity, morale, engagement and stress reduction figures [promotioncorporatewellness.compeopleelement.com](#)
5. Employer-reported engagement and retention benefits [Avidon Health+2Talkspace for Business+2loyalsource.com+2](#)

## WHO WE ARE

---

Hi, I'm Naturopathic Dr. Kaylee Alton. I'm a licensed naturopathic doctor with over 12+ years of clinical private practice and 6+ years supporting corporate teams across Canada and the USA.

I'm on a mission to help companies elevate employee impact by improving their health through health literacy, assessments, education and direction.

When you work with Make Care Health you get the opportunity to bring in a facilitator and expert in health solutions, wellness and behaviour change.



MAKE CARE  
HEALTH

## PAST CORPORATE PARTNERSHIPS

---

“We’ve seen a big uptick in morale and cohorts booking with Dr. Kaylee. Our employees leave with something they can implement right away. We also support her direction for our teams, with aligned food services when provided.”

— Lindsay Monaghan, HR Manager



MAKE CARE  
HEALTH

# HEALTH ASSESSMENTS + DIRECTION + EDUCATION

---

## What We Do

- Quarterly Wellness Workshops with Actionable take-aways
- Delivered Live and Virtual
- Education Portal for recordings and resources
- Employee Health Assessments to motivate and measure change, for all employees, in our confidential Communication Portal

## What You Get

- A culture that demonstrates care and commitment
- Engaged, healthier teams
- Less absenteeism
- Stronger morale and loyalty
- ROI-positive programming

MAKE CARE  
HEALTH

# WORKSHOP TOPICS

---

## **FACILITATED LIVE – 120min with Q&A**

- Improving resilience and examining our identity for greater impact
- Sleep quality, onset and maintenance
- Nutritional strategies for eating well
- Gut Health and Digestion
- Immune Health from colds & flus to autoimmunity
- Anxiety, Mood
- Mindset, Motivation and Behaviour Change Theory
- Women's Health
- Functional Health Goals compared to Reactive Health Goals
- Blood lab testing review

## PARTICIPANTS WILL LEARN HOW TO:

---

- Eat to support their energy and focus throughout the day
- Make calculated lifestyle choices when needed to support immune and metabolic health
- Get quality sleep to support their cognitive stamina and clarity
- Have a healthy, stable mood and outlook on life, and better interpersonal relations
- Improve their know-how to compensate for overly stressful days
- Reduce inefficient demands on their energy and decision making
- Assess metrics for each body system, to know when to seek help or make change.



## PARTICIPANTS WILL LEARN HOW TO:

---

- Manage stress and regulate the nervous system under high pressure, to reduce the negative impacts
- Approach gut health concerns to improve digestion and nutrient absorption
- Support mental health, improve emotional intelligence and cognitive strength
- Support long-term heart health and cognition
- Loose weight, clear brain fog and establish healthy disciplines
- Manage colds & flus, boost immune function and mitigate autoimmunity (usually caused by stress)
- Manage hormone health swings, from reproductive health to food choices and the autonomic nervous system

## HOW IT WORKS

---

- A naturopathic doctor is be available for your team at a set number of hours/year, for live teaching and open office hours for Q&A
- Education Portal Access for all employees to watch recordings on each topic and download health resources. Metrics for participant usage available.
- Individualized health assessments provided in our confidential communication portal available for all employees, through a health questionnaire and employee at-home measurements. Employees receive a written health report from findings and direction for care.
- Optional add-on blood lab testing (additional fee, paid by employee, coverage from ND benefits or HSA plans, if applicable).
- Recommended 3-4 health workshops/ year
- Monthly newsletter to provide ongoing motivation and health insights
- 1:1 consults with a naturopathic doctor available for your team for additional charges to the employee.
- Consult fees eligible for coverage by ND benefits or HSA plans

MAKE CARE  
HEALTH



# PATH TO INTEGRATION

---

## Start with a lunch & learn and all-call for health assessments

- Promote your first lunch and learn on improving health outcomes and impact with naturopathic care, to build awareness of the new service and gauge interest.
- We provide the communication copy for you to deliver via email, slack, teams to your employees. We also provide socials for you to boost your social engagement.
- You provide the lunch and grassroots manpower to boost attendance.

## Ongoing communications

- Send communications monthly to health engagement, onboarding to our education portal system for employees to access the workshop topics, complete their health assessment, sign up to watch past recordings and download resources.
- We'll provide training and direct support to your in-house managers that will primarily oversee this on a pay-per-usage approach. OR We'll take over being the primary contact, when hiring a fractional ND.

## Workshops + Culture Building

- Select workshop deep-dives per year, to invite employees into set-aside trainings for their wellbeing.
- Monthly newsletters provide further health insights from topics and keep health front of mind when they come across the inbox. Employees opt in.
- We'll take polls for future topics and gauge need from employee assessments.

## Employee Assessments & Portal Access

- Employees are given Education Portal Access for resources and recordings
- Health assessments + direction for their care, is available for all employees, through our confidential Communication Portal. Optional add-on for blood lab testing (extra fee).
- Employee's benefits for naturopathic care or HSA plans, cover part of the costs of 1:1 consults and may cover partial costs for lab testing.
- Fractional ND work or per-employee usage fees available.

## OPTION A - COSTS FOR YOUR TEAM: FACILITATED WORKSHOPS

---

- Facilitated workshops for professional development in health improvement and literacy
- \$5000/workshop
- Provide 4 workshops/year to support a commitment to your employee wellbeing and continuity of care
- Workshops delivered on-site and in a hybrid method, and only to those who register
- Best for teams of 200 + employees, between the ages of 30–65.
- Requires on-staff manager for implementation, and ongoing email/communication support and connection between the service and employees

# OPTION A - COSTS FOR YOUR TEAM: HEALTH ASSESSMENTS+ FACILITATED WORKSHOPS

---

- Fractional ND – Individualized health assessment with blood lab testing for all registered employees.
- \$1200 per registered employee/year. Includes blood lab testing to be done physically in Ontario or Quebec. A portion of per employee costs redeemable by employee benefit plans.
- Includes a primary email for managing implementation, questions and onboarding. Can also connect with your teams systems to support all-teams ongoing communications for workshop awareness.
- Includes 4-Facilitated workshops for professional development in health improvement and literacy, for all employees, regardless of those who sign up for the assessment
- Best for teams of 200 + employees, between the ages of 30-65.
- Workshops can be delivered on-site, hybrid and virtual

MAKE CARE  
HEALTH

**Bring in a trusted naturopathic health expert who proactively supports well-being and fuels long-term performance.**

---

MAKE CARE  
HEALTH

# Make wellness your strategic advantage

---

**BOOK YOUR DISCOVERY CALL TO GET STARTED TODAY**

Email: [hello@makecarehealth.com](mailto:hello@makecarehealth.com)

Dr. Kaylee Alton, ND

**Serving companies across Canada and the USA**

[hello@makecarehealth.com](mailto:hello@makecarehealth.com)

[www.makecarehealth.com](http://www.makecarehealth.com)

MAKE CARE  
HEALTH