



April 6, 2009

Catherine Fast
Director, Employee Wellness & Safety
Provincial Health Services Authority
800-1441 Creekside Drive,
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REFERENCE FOR TRUE HEALTH CORPORATE WELLNESS

To Whom It May Concern:

True Health Corporate Wellness acted as the exclusive provider of corporate wellness services to the Provincial Health Services Authority (PHSA) from April 2007 through to June 2009. True Health worked closely with PHSA's Employee Wellness & Safety team and was instrumental in the development, start up and administration of the Workplace Wellness & Active Living initiative. Services provided by True Health included a variety of onsite fitness classes, a shiatsu massage program and the coordination of six Employee Health Fairs. In addition to these core services, we also utilized True Health's 21 Day *Taste of Wellness Corporate Challenge*, which was made available to PHSA's 10,000 employees in October 2008. This online program was an excellent way to engage staff in our remote hospitals and offices and motivated many staff to begin new healthy lifestyle habits.

True Health also graciously donated their time and services for various charity and special events hosted by PHSA including the BC Children's Hospital Foundation *Paddle for Kids* fundraiser, and *Move for Health Day* at BC Women's and BC Children's Hospitals.

True Health has been dedicated, professional and enthusiastic in their delivery of services to PHSA. Their flexibility and innovative solutions to the unique challenges of workplace wellness in a healthcare setting have been appreciated.

I would recommend that any organization consider True Health Corporate Wellness when implementing a workplace health and wellness program.

Sincerely,

A handwritten signature in black ink, appearing to be 'CF', is written over a light blue horizontal line.

Catherine Fast
Director, PHSA Employee Wellness & Safety
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