



Reimagined Healthcare.

Durand, from the Latin for strong and enduring, uses advanced technology and personalized care to help you live longer, healthier, and thrive at every stage of life.

Join us in redefining what it means to age gracefully and thrive!

Experienced healthcare professionals

Our team of experts is dedicated to providing you with the highest-quality care, and we offer medical and alternative medicine options under one roof.

Comprehensive approach to health

We address all aspects of your health, from physical to mental and emotional. A lifelong partnership in wellness, grounded in science, delivered with compassion, and designed to help every client and organization achieve the greatest possible improvement in health, resilience, and quality of life.

Scientific and Innovative Assessments Offered Multi-Tiered

We curate and deliver a continuously personalized combination of advanced predictive diagnostics and analytics, powered by AI.

Our system adapts in real time to each individual's evolving health needs and risks, offering targeted guidance and proactive interventions designed to maximize health outcomes, all supported by ongoing monitoring and engagement.

Personalized care.

Your health journey is unique, and our plans are designed to meet your individual needs.

Commitment to your well-being: We are committed to helping you achieve your optimal health goals.

MEDICAL

Annual Health Assessment
Corporate HealthCare for All Staff Levels
Durand Premier HealthCare™
Special Care Programs
Longevity Program
24 Hour Rapid Hybrid Care

SPECIAL CARE

Menopause
MSK Back and Joint Clinic
Mental Health
Weight Loss
Chronic Disease care and management
Substance Management

136 Young Street
Hamilton, ON

14 Duke Street
Hamilton, ON

Wellness Centre
Carlisle, ON

905.527.1342
contact@durandhealth.com
durandhealth.com

Greatest Value for the most Comprehensive Assessments
Convenient Local Location Highly Personalized Care
Available Coast to Coast



About Durand®

Durand®, from the Latin for “strong and enduring”, is an ever-advancing health and wellness company leveraging state-of-the-art medical technology, multiomic testing, and AI to deliver personalized longevity solutions.

We are committed to annually incorporating new and emerging technologies, helping organizations and individuals achieve measurable, continuous improvement in aging, healthspan, and chronic disease prevention, years ahead of what is available through most traditional healthcare channels.

Organizational Benefits

Drive a Culture of Longevity and Prevention:

Position your company as a leader in employee longevity, healthy aging, and chronic disease prevention, not just wellness.

Boost Engagement & Retention:

Demonstrate commitment to employee health, attracting and retaining top talent.

Reduce Absenteeism & Enhance Productivity:

Early detection and prevention of chronic conditions help lower sick days and improve workplace performance.

Flexible, Scalable Implementation:

Our national network ensures seamless delivery, whether you have one site or many.

Tax-Efficient & Cost-Effective:

Employer HSA contributions are fully tax-deductible, and unused funds revert to the employer. The Health Scan qualifies as a CRA-eligible medical expense and can be billed to Health Spending Accounts (HSAs), making it a tax-effective benefit for employees and employers.

Empower your team to unlock their potential for a longer, healthier life.

Contact us to schedule your onsite or local Durand® AgeWell Health Scan event and discover additional programs for Menopause and Lifelong Weight Management.

**WELL.
DESERVED.**

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Reimagined Healthcare. Exclusive For C2 Clients

**WELL.
DESERVED.™**

Extensive Preventative Assessment and Longevity Testing	\$3800 \$3200
Essential Preventative Health Assessment	\$1200
Staff Health Assessment AgeWell Scan	\$500
Year Round Premier Care Membership (with MRI and CT Scan)	\$3800
Special services related to Menopause, Weight Loss, Dependence issues Longevity Plans	\$1000
Longevity Consultation and Plan	\$500
FULL Longevity Health Assessment (Fee Based on Consultation Design)	Custom Pricing
Bundle pricing available	

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Feature Comparison

WELL.
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Durand: \$3,800
C2 Clients: \$3,200

GTA Clinic: \$6,515

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	DH EXTENSIVE	GTA COMPETITOR
Cardiac Stress Test	✓	\$500
Genetic Based Nutrition Profile	✓	\$500
Body Composition & EKG	✓	✓
Complete Blood Work	✓	✓
Submaximal VO2	✓	✓
Abdominal Ultrasound	✓	✓
Pelvic Ultrasound	✓	\$500
Transvaginal Ultrasound	✓	\$500

	DH EXTENSIVE	GTA COMPETITOR
Enhanced Liver FibroScan	✓	\$890
Spirometry	✓	✓
Audiometry	✓	✓
Enhanced In-Home Sleep Study	✓	\$600
Head to Toe Physical Exam	✓	✓
Baseline Fitness Assessment	✓	✓
Sleep Hygiene Assessment	✓	\$100
Mental Health Assessment	✓	✓
Skin Health Assessment	✓	✓

Preventive Health Assessment

Preventive Health Assessment is an innovative form of comprehensive "annual checkup" that aims to give patients the information they need to prevent chronic disease.



DETAILED CUSTOM INTAKE

After you sign up for your Preventive Health Assessment, our team will contact you by phone or email to welcome you, clarify next steps and set up your intake.

We use a custom intake process to capture your whole health picture.

We are happy to collaborate with your existing physicians.

HEALTH ANALYTICS

Based on your intake, additional external testing at partner sites may be required. We will arrange these for you and support the process.

The information gathered during this phase will be monitored and integrated by our Medical Director, in collaboration with the integrated team, into your Preventive Health Assessment Report and plan.

ASSESSMENT

Assessments are led by our Medical Director and seamlessly involve multiple team members.

You will be offered beverages and a nutritious meal on site in your private assessment room. You will be introduced to our team and facilities.

Together, you and your team will select appropriate and indicated testing based on your assessment.

REPORT, PLAN + COACH

The final stage of the Preventive Health Assessment is a reporting and planning session led by our Medical Director. You will be coached through the process so that you retain as much as possible.

Your whole health picture will be reviewed with you. Risks and opportunities will be discussed. You will receive a written 360° Report. Results will not be shared with sponsors.



Durand® AgeWell Health Scan for Staff.

Unlock your potential for a longer, healthier life.

What is the Durand® AgeWell Health Scan?

A State-of-the-art, technology-driven health screening designed to help employees and organizations embrace continuous improvement in aging, longevity, and chronic disease prevention.

Far beyond traditional wellness programs, this scan leverages ever-evolving advanced multiomics, epigenetics, cognitive, and biometric testing, paired with personal health goals, to deliver actionable insights and measurable progress over time.
This scan is customized to the individual over time.

Our proprietary AI-driven analysis provides a level of early risk identification and intervention guidance that is not available to most family doctors and is years ahead of what is currently offered in public healthcare systems.

Priced at \$500, the ever-evolving and customized Health Scan is designed to fit most HSA budgets.

Key Features & Benefits

Comprehensive Multiomic & AI-Driven Testing:

Integrates epigenetic, genomic, proteomic, metabolic, cognitive, and biometric health scans, analyzed by advanced AI, for a truly holistic and predictive view of employee health, aging, and chronic disease risk.

Personalized Longevity & Prevention Roadmap:

Each participant receives a customized report with practical guidance for chronic disease prevention, healthy aging, and ongoing improvement.

Annual Technology Upgrades:

We add new and emerging testing and technology every year, ensuring your team benefits from the latest advances in early risk identification and intervention, long before these are available in most public healthcare settings.

Strong Focus on Chronic Disease Prevention:

Our program is designed to proactively identify and address risk factors for chronic diseases, supporting long-term health and productivity.

Chronic Disease Management Support (Ontario):

Employees in Ontario seeking support for chronic disease management can access our staff specialist for additional care without impacting their relationship with their rostered family doctor.

Continuous Improvement Culture:

Annual tracking empowers employees and organizations to measure progress and set new goals, supporting a culture of lifelong vitality and resilience.

Onsite or Nearby Delivery:

Our team comes directly to your workplace and arranges scans at one of 50 convenient locations across Canada, ensuring maximum participation and minimal disruption.

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The Extensive Preventive Health Assessment

Intake + Assessment:	– A thorough custom intake process covering every aspect of your personal and family health history – An invitation to consider your health, wellness and life goals – Reviewed by medical doctors, nutritionist, fitness trainer and sleep restorist, as appropriate – A head-to-toe physical exam in a luxury setting with gourmet lunch – Complimentary paramedical consultation of choice
Cardiovascular, Vascular, Respiratory + Fitness:	– Exercise stress test (no longer offered at major downtown Toronto competitor) – Baseline EKG, vital signs and ankle-brachial index – Baseline VO2 Max and RQ to evaluate exercise metabolism (where you are most likely to burn fat) – Baseline spirometry – Appropriate screening and diagnostics may include Holter monitor, sleep study, echocardiography, CT coronary angiogram, low-dose CT Thorax, and chest x-ray.
Mental + Cognitive:	– Baseline audiometry screening – Baseline cognitive testing using a unique "gamified" testing system by Creyos – Baseline screening for burnout, mood, sleep and eating disorders, ADHD and substance use – Appropriate screening and diagnostics may include MRI Brain
Metabolic, Gastrointestinal + Nutrition:	– In-home sleep study – Baseline body composition analysis using the InBody 770 – Baseline abdominal and pelvic ultrasound – Baseline resting metabolic rate – Appropriate screening and diagnostics may include endoscopy and more. – Nutrigenomix
Musculoskeletal + Dermatological:	– Baseline dermoscopy of skin lesions and skin health review – Appropriate screening and diagnostics may include joint and spine imaging, lesion analysis, and EMG.
Blood, Urine, Stool	– On-site baseline testing for the above systems – Vitamin D, Blood markers

The Essential Preventive Health Assessment

Intake + Assessment:	– A thorough custom intake process covering every aspect of your personal and family health history – An invitation to consider your health, wellness and life goals – A head-to-toe physical exam in a luxury setting with gourmet lunch – Complimentary paramedical consultation of choice
Cardiovascular, Vascular, Respiratory + Fitness:	– Baseline EKG and vital signs – Appropriate screening and diagnostics may include sleep study, Thorax, and chest x-ray.
Mental + Cognitive:	– Baseline screening for burnout, mood, sleep and eating disorders, ADHD and substance use – Appropriate screening and diagnostics may include MRI Brain
Metabolic, Gastrointestinal + Nutrition:	– Baseline body composition analysis using the InBody 770 – Baseline resting metabolic rate – Appropriate screening and diagnostics may include, at request of physician, imaging, endoscopy and more.
Musculoskeletal + Dermatological:	– Baseline dermoscopy of skin lesions and skin health review – Appropriate screening and diagnostics may include joint and spine imaging, lesion analysis, and EMG.
Blood, Urine, Stool	– Baseline levels for the above systems