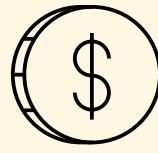


Mental Health Coach: early intervention for mental disorders



Volume of approved LTD claims in 2022 due to mental disorders*

* SL Data 2022 ** CAMH



\$50 billion

The annual economic cost of mental illness in Canada **

We have a solution – our Mental Health Coach

A proactive approach to absence management



We engage at-risk¹ plan members, and the targeting works. **80%*** of those assessed are high or moderate risk according to their assessment.

Our Mental Health Coach helps these “at-risk” plan members. Coaches are licensed health-care practitioners who proactively guide plan members to the treatment and resources available through their group benefits plan, their employer and publicly funded programs.

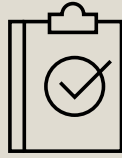
This can improve plan member mental health and reduce the impact of mental health-related absences and disability claims.

Clinically validated • Cost effective • Personalized • A holistic approach

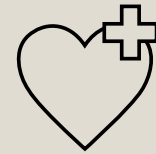
How the Coach helps



Works with the plan member on building an action plan



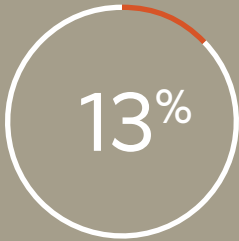
Regular check-ins, with feedback on progress through re-assessments



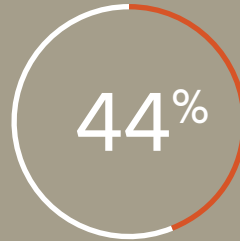
Can facilitate a supportive hand-off to higher-intensity care

Driving outcomes*

Removes barriers to accessing care



A 13% higher percentage of members are using their psychology benefits compared to those who haven't used the MHC program.



of those using their benefits are new claimants.

Impacting absence

Meeting with a Coach is key! For members who met with a Coach, we found

50%

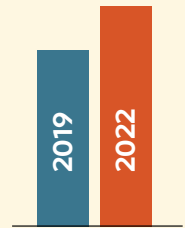
fewer claims transitioned to LTD*

5.6-week

shorter short-term disability (STD) duration for all mental disorder diagnoses**

13.7-week

shorter STD duration for adjustment disorder diagnosis**



Increase in Adjustment/Stress disorder claims since 2019 ***

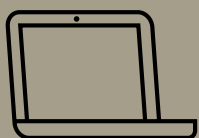
between disability date and STD resolution date * SunLife data - 2022 data is based on Q1 & Q2

* Sun Life pilot data from May 2021 - November 2022. Experience may vary by plan sponsor. Preliminary data for the pilot group only compared to the control group. Not all claims have resolved.



of plan members experienced a positive health outcome.***

*** Plan members who were reassessed and saw symptom improvement, engaging in lifestyle interventions and/or higher intensity treatment



Learn how you can help your employees with their mental well-being Visit sunlife.ca/mhc

¹ “At-risk” means according to their evidence-based assessment, some employees may be more at risk to developing certain conditions.

Life’s brighter under the sun

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies. PD-9696-E 04-23 ri-dm

