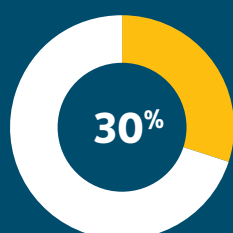


Mental Health Coach: early intervention for mental disorders



Volume of disability claims due to mental disorders*

* Employment and Social Development Canada

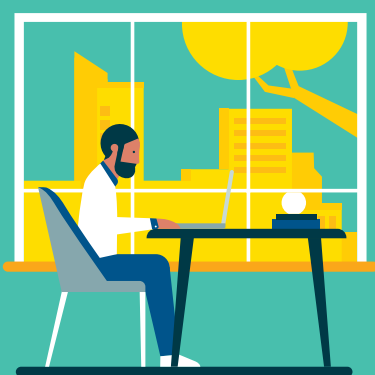
\$50 billion

The annual economic cost of mental illness in Canada **

** CAMH



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 higher percentage of members are using their psychology benefits



of those who use their psychology benefits are new claimants



Impacting absence

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

2.8-week

shorter short-term disability (STD) durations for claims that resolved as return to work*

3%

fewer members reaching STD maximum

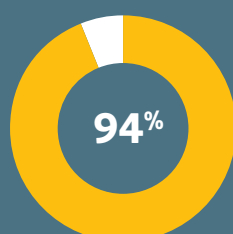
5%

higher proportion of plan members returning to work

21%

fewer casual absence hours than high risk members who did the assessment only

* For resolved claims as of August 31st 2022.



94% 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.
* Sun Life pilot data from May 2021 to September 2022

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 10-22 ms-dm



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