

45%

of Canadians feel that financial pressure is the leading source of stress*.

This can cost your employees:

- long-term impact on both physical and mental health
- loss of productivity
- absenteeism



Solution:

Sun Life partnered with BestLifeRewarded Innovations to provide a digital tool that can help your employees manage their financial, physical and mental health with sustainable change.

myWellness
REWARDS

What's myWellness Rewards?

A first-in-Canada, rewards-based platform that uses multiple science-based behaviour models to help your plan members achieve financial security and live healthier lives.

What's in it for you?



You can integrate it into your existing Sun Life plan



Allows you to initiate wellness challenges in your workplace



Is flexible with a customizable rewards store



Includes targeted tools such as wearables and trackers.

How does it work for your employees?

1

Complete a health risk assessment

2

Receive a personalized action plan

3

Complete challenges, receive rewards and get healthy



Contact your Sun Life representative for more information.

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