

Take 2 minutes to assess whether you're at risk

November is Diabetes Awareness Month and Sun Life is encouraging everyone to take the free CANRISK diabetes risk assessment at take2minutes.ca. By taking just two minutes out of their day, Canadians can find out if they are at a risk of having pre-diabetes or developing type 2 diabetes. This easy-to-use questionnaire gathers information about the individual while providing tips and information on how to lead a healthy lifestyle and is available until December 3, 2015.

Sun Life's focus on diabetes

Since 2012, Sun Life has invested in helping to slow the advancement of diabetes and its related complications through various awareness, prevention, care and research initiatives. The free CANRISK assessment is a great resource that we want to share with all our plan sponsors and plan members.

Did you know?

- Almost six million Canadians have pre-diabetes.¹
- Almost one million Canadians have type 2 diabetes and don't know it.²
- 20% of all diabetes cases go undiagnosed.³
- If left untreated or improperly managed, diabetes can result in serious complications including heart attack, stroke, kidney failure, blindness, impotence and amputation.⁴

Taking the two minutes now could give you a chance for a longer, healthier life!

Winning with the CFL

Sun Life and John Chick, captain of the Saskatchewan Roughriders, are in a competition with other CFL players for the most retweets! Chick will be participating in various weekly challenges while encouraging fans to take the CANRISK type 2 diabetes online risk test. Use our hashtag #SunLifeKickDiabetes to join in on the conversation and the challenge and for a chance to win great prizes including signed jerseys and footballs! This contest runs from now through to the 103rd Grey Cup Championship game. Visit www.cfl.ca/sunlife for more details.

Spread the word to support diabetes awareness!

Please share the [attached communication](#) with your plan members to encourage them to take the two minute questionnaire and to participate in the contest.

¹ <http://www.phac-aspc.gc.ca/cd-mc/publications/diabetes-diabete/facts-figures-faits-chiffres-2011/pdf/facts-figures-faits-chiffres-eng.pdf>

² Ibid

³ Ibid

⁴ <http://www.diabetes.ca/diabetes-and-you/complications>

Questions?

Contact your Sun Life Financial group benefits representative.