

Introducing Integrated Health Solutions: Working together for a healthier future

The Workforce is changing

By 2020 50% of the global workforce will be Millennials.¹ Today's health challenges need a new approach – a complete solution as multi-faceted as health itself. Effective health management plans should be simple to implement and effective in meeting the evolving needs of your organization and its employees.

Integrated Health Solutions (IHS) is your foundation for a healthier future

Integrated Health Solutions (IHS) is a new Sun Life business area dedicated to providing you complete and strategic support for health and absence management. IHS brings together three key areas of service (health and wellness, mental health, and organizational health consulting) as one cohesive, multi-disciplinary team offering you a seamless experience.

“Integrated Health Solutions is an important aspect of Sun Life’s response to support the evolving needs of employers as a result of the changing demographics and health needs within the workplace – it’s about our clients,” says Lori Casselman, AVP, Integrated Health Solutions. “IHS is much more than a tool or a program. It’s about helping employers manage costs, meet the needs of their employee base, and build the foundation for a healthier organization by addressing all aspects of physical, mental and financial health. Through this cohesive approach, we can offer strategic and innovative solutions that are aligned to the unique business priorities of each client.”

As your benefits provider, we already know your organization and employees. Integrated Health Solutions leverages those insights to go further.

How it works

IHS offers you expert guidance to help understand and address employee physical, mental, and financial health needs. We assess your needs with a consolidated approach, identify key opportunities to help manage health and its related costs, and lead you to new solutions aligned to your business objectives.

Through a customized approach to health and absence management, we’ll help you meet the needs of today and build a healthier future.

A team like no other with you at every step

Located across Canada, the IHS team includes absence management experts, psychologists, HR specialists, NIDMAR-certified disability management specialists, registered nurses, certified workplace wellness professionals, nutritionists and ergonomists.

With IHS, you’ll get dedicated guidance and specialized expertise – connecting you with the right professional at the right time to support your needs.

Our team is also connected to the trends and insights that could affect you and your employees and we bring those insights to our work with you.

Lori Casselman, AVP, Integrated Health Solutions heads the leadership team, supported by Jennifer Elia, AVP, Health and Wellness, Dr. Marie-Hélène Pelletier, AVP, Workplace Mental Health, and Colleen Hutchings, Director, Organizational Health.

What's coming from IHS next?

- **Workplace Mental Health Consulting**

This spring, we will be announcing our proprietary workplace mental health assessment tool and consulting service. It offers comprehensive, research-based programs to help you build a mentally healthy workplace and align to Canada's National Standard for Psychological Health and Safety in the Workplace, and will round out a complete assessment and consulting suite for all aspects within the IHS portfolio.

- **Return on Investment (ROI) Study**

The [Sun Life-Ivey Canadian Wellness ROI Study](#) is coming into the final stages of data exploration. This groundbreaking initiative is one of the research pieces to come out of the innovation of IHS and establishes Canadian benchmarks on the ROI for workplace wellness.

- **Sun Life HealthyFOCUS™ Heart Health**

Continuing our focus on key disease states, we'll be launching this new program focused on cardiovascular risk management for you and your employees in the summer of 2016. Find out more about the current [HealthyFOCUS Diabetes program](#).

Find out more at sunlife.ca/ihs.

Questions?

Contact your Sun Life Financial group benefits representative.

¹ – PWC, "Millennials at work, Reshaping the workplace", November 2011.