

November is Diabetes Awareness Month

Sun Life is committed to raising awareness about the prevention of diabetes and its related complications. This month, we've prepared a diabetes health and wellness article for you to read and share with your employees to promote education about the disease.

Eleven million Canadians are living with diabetes or prediabetes, according to the Canadian Diabetes Association (CDA). If Canadians are able to recognize early signs of the disease, they'll have more time to take preventative steps to stop or minimize its impact on their lives. Take two minutes, go online and take the type 2 diabetes risk assessment test at SunLifeAgainstDiabetes.ca and find out if you're at risk for developing type 2 diabetes.

Spread the word to help support diabetes awareness

Please share this article titled "[5 tips to prevent and manage diabetes](#)" with your employees. The article provides a link to take the type 2 risk assessment test. It also provides tips around making healthy choices that can help prevent or manage the disease.

For more information about how Sun Life is teaming up against diabetes, visit sunlife.ca/diabetes.

Questions?

Contact your Sun Life Financial group benefits representative.