

Financial Literacy Month – NEW Bright Paper helping you make the connection between financial wellness and overall health

Financial wellness is a key pillar of your employees' overall well-being. Sun Life's latest Bright Paper, [Empowering employees to improve their financial wellness](#), takes a look at the financial wellness of Canadians and its impact on the workplace. According to the most recent Sun Life Financial Canadian Health Index, almost one-third of Canadians surveyed are distracted at work as a result of their financial situation and financial wellness is often overlooked as part of a workplace health strategy.

Employers have a role to play in supporting the financial wellness of employees – Sun Life can help!

Financial Literacy Month is a great time of year to talk to employees about how they can improve their financial health.

Share these resources with your employees to help build awareness around financial wellness:

- **POSTER:** Share this [poster](#) with your plan members to help them take control of their financial wellness.
- **ONLINE TOOLS:** Send your plan members to the [Learn and Plan website](#) for free tools, calculators and tips to help them assess their financial situation.
- **YOUTUBE VIDEOS:** Visit our [YouTube channel](#) to learn more about financial wellness and other areas of personal finance and health.

We encourage you to take advantage of these tools and services. By providing your employees with financial wellness support, you can help reduce stress in the workplace and build a healthier and more engaged organization.

Questions?

Contact your Sun Life Financial group benefits representative.