

Healthy

employees mean healthy business.

Introducing our unique suite of health and wellness programs.



Healthy*RETURNS*®

Sun 
Life Financial

Introducing

Healthy**RETURNS** – a comprehensive suite of health and wellness products and services to help you build individual and organizational health

Promoting wellness and preventing illness in your organization is a key investment. To accomplish and maintain the very best levels of productivity, you need your employees to be engaged, creative and energetic. People with health issues are often held back from achieving their best, and this can hit your bottom line.

Healthy**RETURNS** is not a 'one size fits all' solution – every organization is unique. We focus on your needs and create tailored programs that target your investment to achieve maximum gain in areas that matter most to your business.



“Over 80% of heart disease, stroke, and type 2 diabetes and 40% of all cancers could be avoided by a healthier lifestyle.”

WHO “Preventing Chronic Diseases: A Vital Investment,” 2005

Success

begins with a solid foundation

A successful health and wellness plan needs a solid foundation. It is key to understand where you are starting from before you choose your route and destination.

We begin with an evaluation of the health risks in your company. Our assessment tools provide the “where are we now?” information needed to move forward with developing a measurable health and wellness program.

There are three assessment options. We'll help you select the method, or combination of methods, that best suits your needs.

1. Integrated Data Analysis
2. Wellness Assessment
3. Screening Clinics

Consider

What are the most pressing health risks in your company?

How is the culture in your workplace contributing to health and wellness?

Where should you focus your attention for maximum results?

What return on investment (ROI) can you expect and how will you measure it?

75% of workplace productivity losses
are related to employee lifestyle choices.

www.forbes.com/2006/04/21/wellness-programs-gold-standards-cx_tz_0424wellness.html

Exciting

choices to stimulate change and sustain health in your workplace

Using the data gained through assessment, we work with you to select the best programs to help you achieve your goals.

Sun Life's collaborations with some of Canada's leading health promotion experts are the foundation of an exceptional suite of over 30 engaging and effective products and services. These reflect both established methods, and the latest innovations in workplace health.

This means that you will find the right online or on-site program to help you introduce and maintain the right health and wellness strategies in your workplace.

A suite of over 30 products and services

- Health challenges
- Screening clinics
- Health risk assessments
- Lifestyle coaching
- Wellness website
- Education sessions
- Lifestyle modification programs

“A great motivator. One of the best team building tools I've seen in 19 years here.”

Fall 2009 Nutrition Challenge participant



Profits

of prevention

Healthy**RETURNS** can help you save on future health, disability and absence costs by keeping more employees in the healthy and productive part of our 'health continuum', as shown in green below:



With more employees healthy and at work, you may be surprised at how quickly you begin to see a return on your investment.

For every \$1.00 spent on wellness programs:
Medical costs fall by about \$3.27
Absenteeism costs fall by about \$2.73.

Harvard University: Health Affairs, February 2010

Plan members who quit smoking
can save their employer about
\$3,396 per year.

The Conference Board of Canada, August 2006

Healthy**RETURNS** is

Comprehensive
Over 30 products
and services.

Tailored
Flexible and scalable
to suit your needs.

Turnkey
Implementation
is easy.

Measurable
Proven strategies to
monitor your ROI.

About

Sun Life Financial

A market leader in group benefits, Sun Life Financial serves more than 1 in 6 Canadians, in over 13,000 corporate, association, affinity and creditor groups across Canada.

Our core values – integrity, service excellence, customer focus and building value – are at the heart of who we are and how we do business.

Sun Life Financial and its partners have operations in 22 key markets worldwide including Canada, the United States, the United Kingdom, Hong Kong, the Philippines, Japan, Indonesia, India, China and Bermuda.

We'd like to tell you more

If you would like more information about how Healthy**RETURNS** can help you and your employees, simply contact your Sun Life Financial group representative or email healthyreturns@sunlife.com.

Healthy**RETURNS**[®]



Life's brighter under the sun

Group Benefits are offered by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies.

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