

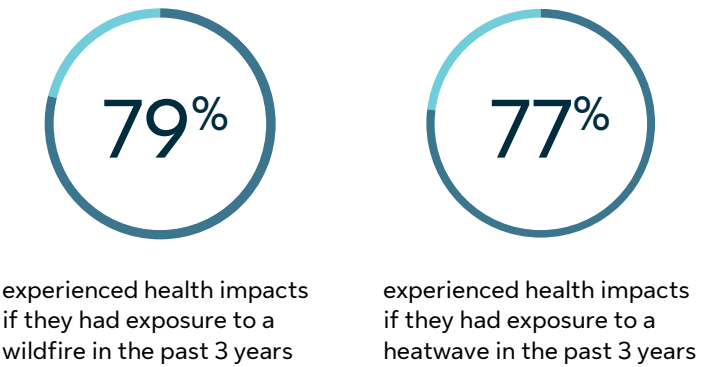


How extreme weather impacts employee health

Climate and extreme weather events – such as wildfires and heatwaves – continue to impact the health and well-being of Canadians. This summer is no exception.

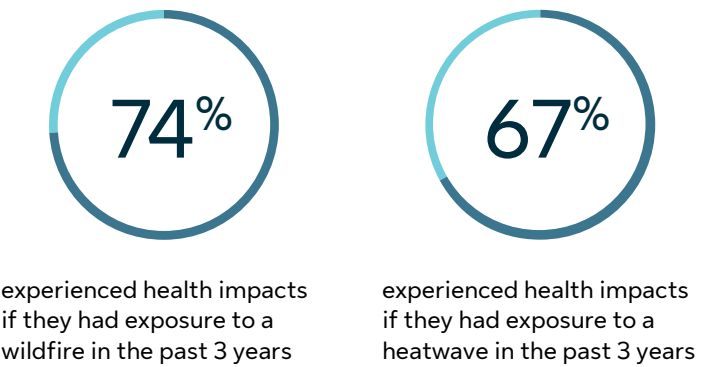
Our research reveals the risks and often lasting impacts of experiencing these weather events.

Physical health



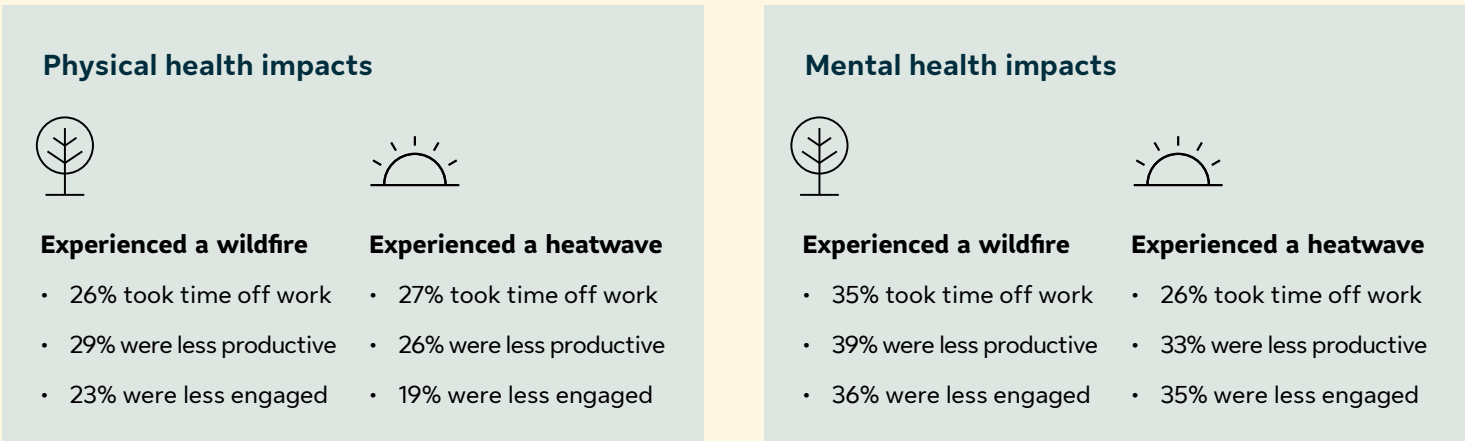
Source: Sun Life / Environics Research national survey of employed Canadians, December 2024.

Mental health

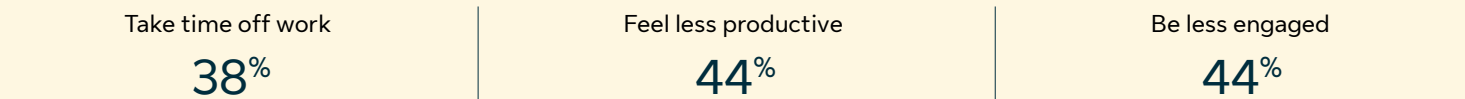


Impact on the workplace

Many employees said their work was negatively affected by the physical and mental health impacts of weather events.



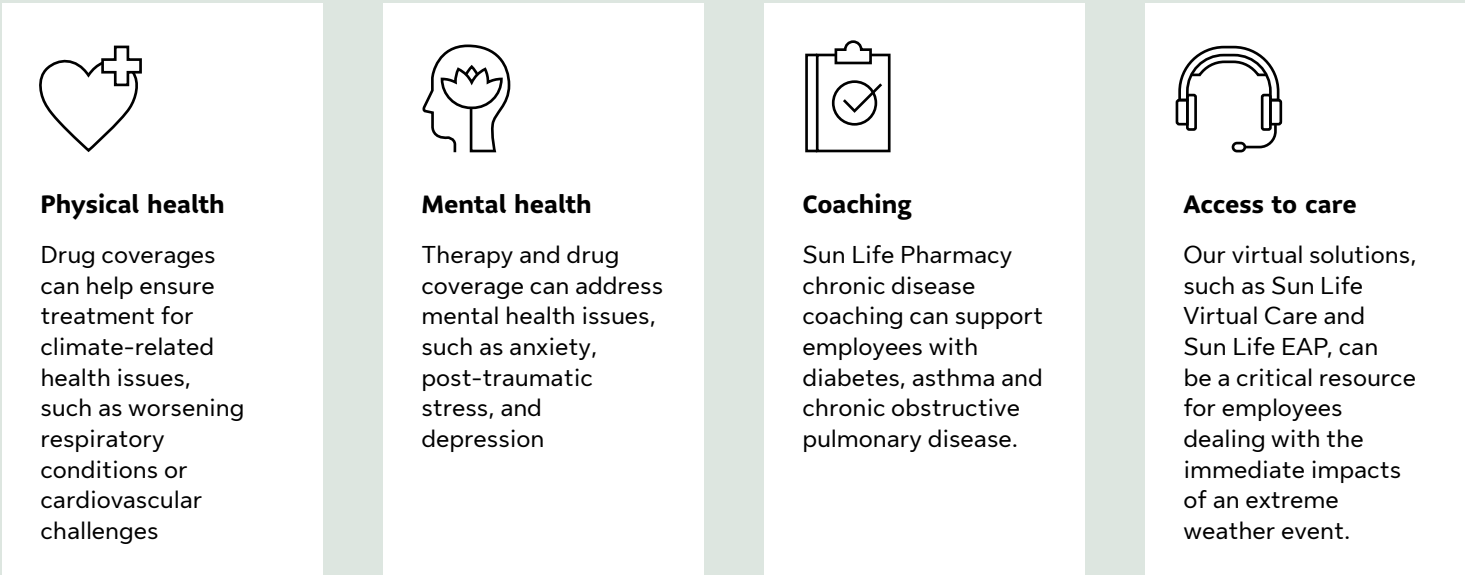
The mental health impacts of climate and extreme weather in the workplace were much more prevalent among Gen Z employees. They were more likely to:



Source: Sun Life / Environics Research national survey of employed Canadians, December 2024.

Your benefits plan supports employees with climate-related health issues

Your group benefits plan can be a foundation for climate-related health resilience in your organization.



Raise awareness of plan supports

As an employer, you have a great opportunity to support employees by raising awareness of how their group benefits plans can help with climate-related health issues.

Life’s brighter under the sun

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies. MC-1311-E 07-26 lj-jf

