Insurance

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Français

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August wellness spotlight: Financial wellness

There is a profound connection between finances and wellbeing. Those experiencing money worries are:

- Twice as likely to report poor overall health
- Four times more likely to struggle with sleep, headaches and illness
- At increased risk for relationship strain, depression and anxiety[1]

43% of Canadians say money is their biggest source of stress.[2] But small, deliberate steps can make a meaningful difference. This month, our wellness spotlight highlights the financial wellness resources available to your clients via their RBC Insurance® Group Benefit Solutions.

DID YOU KNOW?

82 per cent of employees spend at least some of their time at work focused on their money worries, resulting in an **estimated annual productivity loss of $50 billion (USD)** in Canada.[3]

What you need to know:

To help your clients improve workplace and plan member wellbeing, we will share the following communications with them on August 11, 2026:

- Plan Administrator version
- Plan member insert

Questions?

If you have further questions about how RBC Insurance group benefits can help your clients, please contact your local Group Sales Consultant at 1-855-264-2174.

[1] Government of Canada, Financial stress and its impacts
[2] FP Canada, 2026 Financial Stress Index
[3] TELUS Health, Supporting employees' financial wellbeing in challenging times