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January Wellness Spotlight: New year, new opportunities to prioritize wellbeing

A new year brings new and exciting opportunities to elevate health and wellness. As workplaces continue to evolve, one thing remains constant – when employees feel supported, healthy and valued, organizations thrive.



Employers who prioritize mental, physical, financial and social wellbeing see stronger attraction and retention of talent, lower absenteeism and higher engagement and productivity. In a competitive labour market, supporting employee wellbeing isn't just the right thing to do, it's a strategic advantage.

What you need to know:

To help your clients start 2026 strong and take advantage of the resources available to them, we're sharing the attached communications with them on January 16, 2026.

- [Plan Administrator version](#)
- [Plan member version](#)

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.