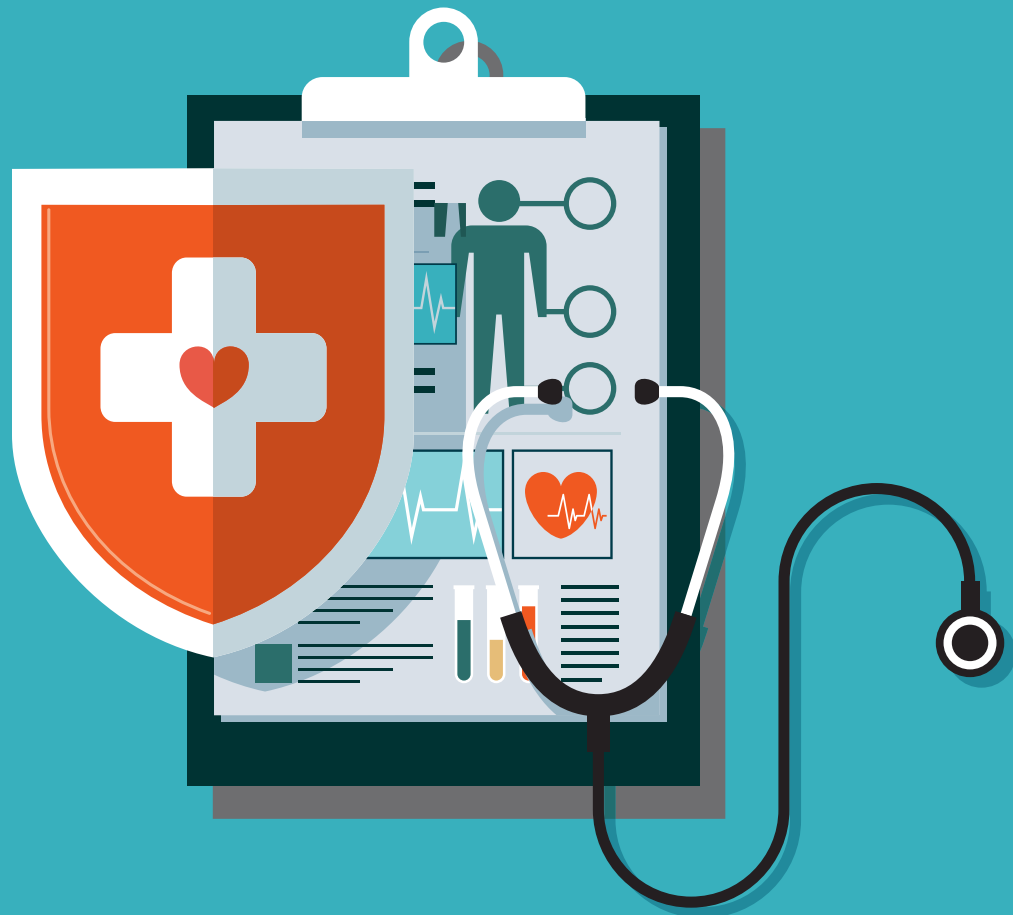




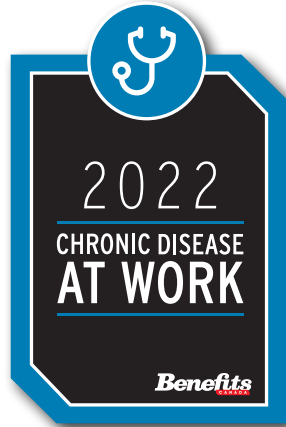
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AGENDA



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AGENDA | FEBRUARY 8-9, 2022

Tuesday, February 8, 2022

11:00 - 11:30 AM

Migraine matters: Give your employees the tools they need to manage this neurological disorder

Migraine is more than a headache. It is a chemical and electrical brainstorm that stops people in their tracks, often leading to a huge loss of productivity during their most productive years. Migraine affects 12% of the Canadian population and chronic migraine, the most debilitating form, affects 1%. Major scientific advances now allow people living with migraine to gain back their lives. This session will teach attendees how to help employees manage migraine and how promoting a global approach could decrease absenteeism and disability, in addition to improving the quality of life of your workforce.

SPEAKER:

Dr. Elizabeth Leroux, neurologist, president of the **Canadian Headache Society** and chair of **Migraine Canada**

This session has been made possible by AbbVie.

11:30 AM - 12:00 PM

Understanding the burden of lupus in the workplace

Lupus is a debilitating disease that takes on average seven years to diagnose and affects mostly younger women in the workplace. Join this session to learn about lupus and its impact on the workplace population from a physical and mental health perspective, as well as some of the barriers in access to treatment today.

SPEAKER:

Leanne Mielczarek, executive director, **Lupus Canada**

This session has been made possible by AstraZeneca.



12:00 - 12:30 PM **Living well with type 1 diabetes - exploring the impact of technology and insulin automation in real life**

While there is no cure for type 1 diabetes as of today, technology and innovation are fast helping ease some of the burden associated with living with type 1 diabetes. This discussion will delve into what life with type 1 diabetes is really like and meaningful difference automating insulin delivery; helping people with diabetes reclaim moments of their lives otherwise spent worrying about their glycemic levels. Join this informative session exploring diabetes fundamentals, day-to-day challenges and the capability and application of insulin automation.

SPEAKERS:

Richard Jonkers, principal medical science advisor, **Medtronic**
Kayla O'Connell, sales support associate, **Medtronic**

12:30 - 12:45 PM **Break**

12:45 - 1:15 PM **Tackling diabetes: A multifaceted approach**

Type 2 diabetes is a complex, progressive disease with complications affecting more working age individuals than ever before. Tackling diabetes requires a multifaceted approach and can have short- and long-term impacts if not managed appropriately. This session will provide further insight into diabetes management, including existing treatment gaps and a shift in focus beyond glycemic control alone. We will discuss important opportunities to improve access and health for plan members with this chronic condition.

SPEAKER:

Dr. Donna Mojdami, clinical research physician, diabetes, **Eli Lilly Canada Inc.**

1:15 - 1:45 PM

The next wave and the need to build back better

2022 will be a year of rehabilitation and recovery for the 1.7 million Canadians who contracted COVID-19, but also the 60% of plan members who have been diagnosed with a chronic condition over the past year. More than ever, business relies on a healthy workforce, and back pain is the leading cause of disability and lost work time globally. Join the discussion on how to relieve and manage pain - helping ensure a healthy, active workforce..

SPEAKER:

Alison Dantas, chief executive officer, **Canadian Chiropractic Association**



1:45 - 2:15 PM

Musculoskeletal disabilities: Focusing on prevention and support

Musculoskeletal (MSK) disorders plague many workplaces and their plans. 20% of disability claims through Sun Life in 2020 were related to MSK issues. 40% of those claims affected the back and neck.¹ Employees who lift, stand, sit or repeat movements are most at-risk. Healthcare workers, labourers, machine operators and clerical workers are prime examples. Join this session to learn how to build a prevention strategy that can help you increase productivity, lower absence rates and support those on leave with a safe and sustainable return to work.

¹Based on Sun Life disability claims data (2020).

SPEAKERS:

Andrea Minaker, manager, client & partner engagement, **Sun Life**

Sue Praught, organizational health consultant, integrated health solutions, **Sun Life**

Wednesday, February 9, 2022

11:00 - 11:30 AM

The “duck” employee - How to support chronically ill and caregiver employees in the pandemic workforce

Over half of your workforce is made up of chronically ill and caregiving employees and this number is only growing throughout the pandemic. The “duck” employees continue to produce and excel at work but are struggling to stay afloat with the additional burdens of navigating a complex illness and assuming the role of caregiver. This session will explore real life examples of employees who are doing all that they can to succeed in their jobs by leveraging tools and resources provided by their employer to manage the complexities of their own health as well as the health and wellbeing of their families. Join us to find out how employers and payers can adopt a new set of tools to proactively support today's workforce.

SPEAKER:

Kristy Dickinson, founder and chief executive officer, **Chronically Simple**



11:30 AM - 12:00 PM **Multiple sclerosis: Understanding the impact & mitigation strategies**

Multiple sclerosis is a chronic, often progressive neurologic disorder that affects nearly 100,000 Canadians. Onset is typically when individuals are building families and during the peak period of work productivity. This session will review the impacts of MS, how co-morbid diseases such as depression may affect MS outcomes and potential mitigation strategies.

SPEAKER:

Dr. Ruth Ann Marrie, professor of medicine and community health sciences, **University of Manitoba**

This session has been made possible by Biogen.

12:00 - 12:30 PM **Defining inflammatory bowel disease – the importance of early intervention**

Inflammatory bowel disease (IBD) is commonly confused with irritable bowel syndrome (IBS), but the two are very different conditions. Join this session for an overview of IBD, how it affects Canadians and their employers and to hear a patient living with Crohn's disease share her story.

SPEAKERS:

Kate Lee, vice-president of research and patient programs, **Crohn's and Colitis Canada**

Marie-Josée (MJ) Lafleur, IBD patient advocate

This session has been made possible by Takeda.

12:30 - 12:45 PM **Break**

12:45 - 1:15 PM **Working It Out: Supporting people with psoriatic disease in the workplace**

Recent survey findings from people living with psoriasis and psoriatic arthritis (psoriatic disease) tell us that private plans have significant opportunities to support their care, well-being and productivity in the workplace. Join this session to learn about how private plans and plan sponsors can improve access to care, treatments, supportive health services and mental health for people living with these chronic, episodic conditions.

SPEAKERS:

Rachael Manion, executive director, **Canadian Association of Psoriasis Patients and the Canadian Skin Patient Alliance**

Antonella Scali, executive director, **Canadian Psoriasis Network**

This session has been made possible by UCB.



1:15 - 1:45 PM

Recruiting and retaining women+ in the workplace: Insights from women+ with inflammatory arthritis and rheumatic and psoriatic diseases

The onset and diagnosis of inflammatory arthritis, rheumatic and psoriatic diseases commonly affect people in the prime of their lives, often leaving them with a variety of reproductive and sexual health-related concerns related to contraception, family planning, parenting, menopause, pain and mental health. Join this session for insights from over 400 women+ across Canada about gaps in private coverage and changes that private plans can make to keep them healthy and engaged in the workplace.

SPEAKERS:

Rachael Manion, executive director, **Canadian Association of Psoriasis Patients and the Canadian Skin Patient Alliance**

Laurie Proulx, vice-president, **Canadian Arthritis Patient Alliance**

This session has been made possible by UCB.

1:45 - 2:15 PM

Trends to watch in health and obesity for 2022

Everyone's lives are still being impacted by the pandemic - a key group that continues to be impacted are individuals living with chronic diseases, including obesity and obesity-related co-morbidities. Join this session to find out about how obesity care must be redefined in 2022 and where obesity prevention, treatment and rehabilitation trends are headed.

SPEAKERS:

Dr. Mary Forhan, scientific director-elect, **Obesity Canada**

Dr. Ian Patton, director, advocacy and public engagement, **Obesity Canada**

Dr. Ximena Ramos Salas, director of research and policy consultant, **Obesity Canada**

This session has been made possible by Desjardins Insurance.

2:15 - 2:45 PM

The reciprocal relationship of chronic illness and mental health

Chronic illness affects about 40% of Canadians over 20 years of age, with one out of five reporting more than one condition. Mental illness is considered a chronic condition but is also a frequent co-morbid condition. Join this session to explore the myriad of ways that chronic illness affects mental health and the role that the workplace can play in ameliorating these effects.

SPEAKER:

Deborah McLeod, clinical director, **Carepath Inc.**



SPEAKER BIOS



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Alison Dantas, chief executive officer, **Canadian Chiropractic Association**

Alison Dantas is an accomplished association executive with a passion for social change and organizational effectiveness and innovation.

She joined the Canadian Chiropractic Association as chief executive officer in July 2012 following an exemplary advocacy and management career in not-for-profit professional healthcare associations—including positions as the chief executive officer of the Ontario Association of Naturopathic Doctors and the executive director of the Association of Ontario Midwives. She has obtained valuable experience in government (Ombudsman Ontario), social services (Community Social Planning Council of Toronto), community involvement (Peel Rape Crisis Centre) and social housing (Peel Living). Dantas is also the recipient of awards from the Canadian Society of Association Executives and the Peel Institute. The Peel Rape Crisis Centre honoured her with its remarkable woman award for significant contributions toward ending violence against women and children. She was recently honored by the University of Western States with an honorary doctor of laws degree for her work in setting up a national Student Chiropractic Association to help Canadian chiropractic students stay connected to the CCA while they complete their studies and to integrate into the profession seamlessly once they graduate.



Kristy Dickinson, founder and chief executive officer, **Chronically Simple**

Kristy is a mom to three kids, a wife to a first responder and an entrepreneur. She's also a rare disease patient. Prior to her diagnosis, Kristy ran a successful staff recruitment firm. Her life was kept busy meeting with clients, traveling for work, and running a busy household. When Kristy was diagnosed with Ehlers-Danlos Syndrome at 37, her life changed in an instant. Following her diagnosis, she closed her firm so that she could manage her health full-time. When she went looking for a solution to manage all of the administrative tasks that accompany life with a chronic illness, nothing existed. Kristy created Chronically Simple to manage her healthcare and with the intention to empower others to do the same.



Dr. Mary Forhan, scientific director-elect, Obesity Canada

Dr. Mary Forhan is an occupational therapist and scientist. For over 20 years, Dr. Forhan has worked as an occupational therapist in acute care, tertiary care and community settings. Dr. Forhan's clinical experience includes working with clients living with mental health disorders and clients living with chronic health conditions including obesity. In 2013, Dr. Forhan launched the bariatric care and rehabilitation research group with a vision to better understand and address factors that contribute to the disability experience of individuals living with obesity. Such factors are physiological, psychological and can be situated in the built and social environments. She has won a number of awards for innovative occupational therapy practice and contributions to science in the area of obesity and bariatric care. Dr. Forhan is chair and associate professor in the department of occupational science & occupational therapy, Temerty Faculty of Medicine at the University of Toronto and is the scientific director-elect for Obesity Canada.



Marie-Josée (MJ) Lafleur, IBD patient advocate

Marie-Josée (MJ) Lafleur has worked for over 20 years in public policy and program delivery for the government of Canada. Her diagnosis in 2011 of crohn's disease - one of the primary forms of inflammatory bowel disease (IBD) - as well as IBD-related inflammatory arthritis, led to a massive shift in her professional aspirations. Her experiences navigating the challenges of managing a chronic illness and weekly medical treatments, have propelled her to advocate for IBD patients as well as for better access for and inclusion of persons with disabilities due to chronic illness in the workplace. Drawing on her background in public policy and lived experience as an IBD patient, MJ has most recently partnered with Crohn's & Colitis Canada on their campaign for patient-centred treatment decisions.



Richard Jonkers, principal medical science advisor, Medtronic

Richard Jonkers completed his education in biomedical engineering at Eindhoven University of Technology in the Netherlands. He is the (co) author of 14 articles published in international, peer-reviewed journals, stemming from both his masters thesis, which analyzed the effects of physical activity status on human skeletal muscle tissue characteristics and his PhD, where he continued this research by expanding the focus to different models of insulin resistance in both pre-clinical and clinical studies. Upon completion of his PhD, Richard began working as a clinical research specialist for the endovascular therapies division of Medtronic Bakken Research Center in Maastricht, the Netherlands (NLD). In 2013, he moved to Medtronic Canada, where he now holds a position as principal medical science advisor in the diabetes division.



Kate Lee, vice-president of research and patient programs, Crohn's and Colitis Canada

Kate Lee joined Crohn's and Colitis Canada in April 2017 to lead research & patient programs. Prior to joining Crohn's and Colitis Canada, Kate was vice-president, research and career development at the Arthritis Society. She has also held leadership roles at the Canadian Arthritis Network - a network centre of excellence funded by CIHR, NSERC and SSHRC - as director of research and managing director. Kate holds a PhD in biology from McGill University and an MBA from Rotman School of Management at the University of Toronto. When not at work, Kate enjoys gardening and researching restaurants to try in the Greater Toronto Area.



Rachael Manion, executive director, Canadian Association of Psoriasis Patients and the Canadian Skin Patient Alliance

Rachael Manion is the executive director of the Canadian Association of Psoriasis Patients and the Canadian Skin Patient Alliance. Drawing on her background as a lawyer and consultant, Rachael brings a strategic and creative approach to advocating for better patient care. She is also chair of the Patient Advisory Council of the Skin Investigation Network of Canada (SkIN Canada).



Dr. Ruth Ann Marrie, professor of medicine and community health sciences, University of Manitoba

Dr. Ruth Ann Marrie is a professor of medicine and community health sciences at the University of Manitoba. She received her undergraduate degree in chemistry (1992) and her medical degree (1996) from Dalhousie University, both with distinction. She completed neurology training at McGill University. This was followed by a fellowship in multiple sclerosis at the Cleveland Clinic, supported by a Sylvia Lawry physician fellowship award from the National Multiple Sclerosis Society. Subsequently, she obtained a PhD in epidemiology from Case Western Reserve University (2007). Currently she holds the Waugh Family Chair in multiple sclerosis. Her research aims to understand the influence of comorbid factors, such as other chronic diseases, health behaviours, and critical illness on a range of multiple sclerosis (MS)-related health outcomes. Other areas of research interest include etiologic factors for MS, patient-reported outcomes and pediatric MS.



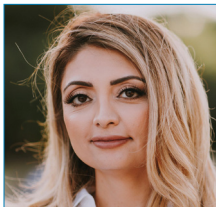
Dr. Deborah McLeod, clinical director, Carepath Inc.

Dr. McLeod is a clinician scientist in psychosocial oncology and mental health. She is a psychotherapist, marriage and family therapist and the clinical director of Carepath's mental health program.



Leanne Mielczarek, executive director, Lupus Canada

Leanne joined Lupus Canada in 2008 and was appointed executive director in 2016. In this role Leanne leads the vision and initiatives of the national office while overseeing operations, revenue development, advocacy and research efforts and industry partnerships in Canada. Leanne is committed to increasing public awareness of lupus and ensuring lupus patients across Canada have access to care. With over 25 years experience in the not-for-profit sector, Leanne's previous roles as the National Walk coordinator and national manager within the organization illustrates Leanne's commitment to ensuring those impacted by lupus have a voice.



Dr. Donna Mojdami, clinical research physician, diabetes, Eli Lilly Canada Inc.

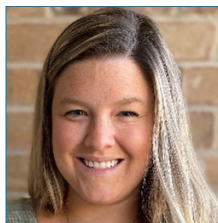
Dr. Donna Mojdami is a clinical research physician with Eli Lilly Canada. She is a graduate of McMaster medical school and completed her postgraduate training in internal medicine and endocrinology at Western University. Her main practice areas include obesity medicine and diabetes.



Andrea Minaker, manager, client & partner engagement, Sun Life

As manager, client & partner engagement, integrated health solutions (IHS) at Sun Life, Andrea supports the evolution of organizational health consulting best practices and client engagement activities. The IHS team provides strategic consulting to support our clients in achieving their organizational health goals and improving employee health outcomes.

Andrea received her bachelor of science in kinesiology from McMaster University and completed graduate studies in workplace wellness & health promotion. Andrea joined Sun Life in 2017. Prior to the IHS team, she spent several years in disability claims management. Andrea is passionate about workplace culture and its effect on employee health and well-being across all stages of the health continuum.



Kayla O'Connell, sales support associate, **Medtronic**

Kayla O'Connell has lived with type 1 diabetes since 2009, has worn an insulin pump since 2010 and is currently wearing the MiniMed™ 770G and using Continuous Glucose Monitoring (CGM) and SmartGuard™ Auto Mode. Kayla lives in London, Ont., has a passion for education, is a mother to her two-year-old son, Nixon and partner to her husband, Mike.



Dr. Ian Patton, director, advocacy and public engagement, **Obesity Canada**

Dr. Ian Patton is a passionate patient advocate and works as the director of advocacy and public engagement at Obesity Canada. In this role, Patton combines his academic background and training with his personal lived experience to help reach individuals living with obesity across Canada, as well as realizing Obesity Canada's mission of improving the lives of Canadians living with obesity. He obtained a PhD from Western University in kinesiology and completed a post-doctoral fellowship at the University of Toronto. Patton's research focuses on body mass index, obesity and childhood physical activity. He's also lived with obesity for the majority of his life and is a post-surgical bariatric patient who now advocates both nationally and globally for improved access to care for individuals living with obesity, as well as for eliminating weight bias and discrimination.



Sue Praught, organizational health consultant, integrated health solutions, **Sun Life**

Integrated health solutions is a dedicated business area designed to support the workplace health objectives of Canadian organizations. As a consultant, Sue is part of a high performing team who delivers strategic consulting and insights to Sun Life clients with the goal of improving the health of their employees and supporting organizational health and wellness objectives.

Prior to joining Sun Life, Sue worked as a physiotherapist. Sue received her bachelor of science in physiotherapy from Queen's University in Kingston, Ont. She has completed the GBA certification of CEBS and has also received the "Certified Excellence Professional for Healthy Workplaces" designation through Excellence Canada.



Laurie Proulx, vice-president, Canadian Arthritis Patient Alliance

Laurie Proulx has lived with Juvenile Rheumatoid Arthritis for over 25 years and it is her experiences that led her to the Canadian Arthritis Patient Alliance (CAPA) where she advocates for increased arthritis awareness and the adoption of more inclusive, patient-centred policies and practices. She is currently a board member and a vice-president with CAPA and has been actively involved in the organization for over 10 years. In this role, she represents the patient voice on various health policy issues and research, leads projects to support people with arthritis navigate pregnancy and parenting and supports participation in the workplace. She works as a human resources consultant and has a part-time consultancy providing human resources and patient engagement services.



Dr. Ximena Ramos Salas, director of research and policy consultant, Obesity Canada

Dr. Ramos Salas has a PhD in health promotion and socio-behavioural sciences from the school of public health at the University of Alberta. She is director of research & policy (consultant) at Obesity Canada and technical consultant with the World Health Organization regional office for Europe and the European Association for the Study of Obesity. As a public health researcher, she is exploring the unintended consequences of obesity prevention policies for people with obesity. Her research goal is to spark solutions that will prevent the perpetuation of weight bias and obesity stigma and create more effective clinical and health promotion approaches.



Antonella Scali, executive director, Canadian Psoriasis Network

Antonella Scali is the executive director of the Canadian Psoriasis Network (CPN), a not-for-profit organization dedicated to improving the lives of people with psoriasis and psoriatic arthritis (psoriatic disease) in Canada and led by a board of directors who are affected by these conditions. Antonella is a registered social worker with a background in direct clinical services and in policy analysis in community mental health in Ontario.



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Learn more:

Website: Astrazeneca.ca



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Biogen.

Biogen Canada

Biogen Canada was established in Mississauga, Ont. in April 1998 and has been conducting business in Canada for more than 20 years. The scope of its operations has continued to expand and has helped to improve the care of individuals affected by multiple sclerosis and spinal muscular atrophy. In Canada, Biogen contributes to the life science sector through its investments in research and development. There are currently eight therapy areas where Biogen is doing research in Canada, including: MS, Alzheimer's disease, amyotrophic lateral sclerosis, or Lou-Gehrig disease, large hemispheric infarction, Parkinson's disease, progressive supranuclear palsy, SMA and pain.

Learn more:

Website: https://www.biogen.ca/en_CA/about-canada.html

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YouTube: Biogen

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The Canadian Chiropractic Association (CCA) represents more than 9,000 licensed doctors of chiropractic as the national voice for the chiropractic profession in Canada. We continually strive to improve the back, neck and joint health of all Canadians by promoting innovation, excellence and integrity in the delivery of chiropractic care; addressing national issues that impact musculoskeletal health with a unified voice; strengthening interprofessional relations with fellow healthcare professionals and team-based care; and fostering the development of and sharing responsibility for research.

Learn more:

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LinkedIn: [Linkedin.com/company/canadian-chiropractic-association](https://linkedin.com/company/canadian-chiropractic-association)

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Carepath Digital Health

Carepath Digital Health is a virtual health care navigation program that provides answers, guidance and support to employees and their families in the event of a serious illness or health crisis. It provides: unlimited support from a nurse navigator in the event of a chronic illness: including cancer, heart disease, diabetes or a mental-health crisis, to name just a few. Carepath provides individual case management from diagnosis through treatment and recovery. Its team of highly trained, experienced health-care specialists includes registered nurses, nurse practitioners, physicians, psychiatrists, psychologists and social workers. For more than 15 years, Carepath has helped Canadians navigate the complexities of the health-care system to receive the right care, at the right time, in the right place. It's the only program of its kind in Canada. Carepath provides in-depth assessments of treatment plans to ensure they're consistent with medical best practice. It explains patients' options for tests and treatments and facilitates access to diagnostic tests, treatments and clinical trials. Carepath works in collaboration with the employees' health-care teams to make certain everything possible is being done and to ensure they're receiving the best care. Carepath dramatically improves health outcomes and the overall quality of care, helping people recover and return to work sooner. Over 1,000,000 Canadians have access to the organization through their employers' health benefits programs. It also partners with insurance companies in disability case management. Carepath is a subsidiary of Bayshore HealthCare Ltd, a leading provider of home and community health care. Bayshore is a proud Canadian company, enhancing the quality of life, dignity and independence of Canadians since 1966.

Learn more:

Website: www.carepath.ca

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chronicallysimple **Chronically Simple**

Chronically Simple is a comprehensive healthcare management app that alleviates the administrative burden patients and caregivers face when managing a chronic illness or disease. After years of searching for answers, Kristy Dickinson was diagnosed with a rare disease. Kristy's experience illustrated that the onus was on the patient to keep track of their health information. To make it easier for patients to do so, she created Chronically Simple, a one-stop hub where patients and caregivers can store and manage their healthcare information. In 2019, Chronically Simple became a part of Innomar Strategies, Canada's leading specialty pharmaceuticals service provider and a part of AmerisourceBergen.

This user-friendly and secure mobile app empowers patients and caregivers to take control of tracking their health by linking prescriptions and test results to physicians, to appointments, expenses, and care team members, giving a truly holistic view of their healthcare. With Chronically Simple, patients can better advocate for themselves and ensure continuity of care - acting as an essential support tool anytime, anywhere. Patients and caregivers can access Chronically Simple at chronicallysimple.com or by downloading the application through the App Store or Google Play.



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Eli Lilly Canada was established in 1938, the result of a research collaboration with scientists at the University of Toronto which eventually produced the world's first commercially available insulin. Our work focuses on oncology, diabetes, autoimmunity, neurodegeneration, and pain.

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Website: www.lilly.ca.

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Twitter: <https://twitter.com/MedtronicCa>

YouTube: <https://www.youtube.com/user/MedtronicCanada>

LinkedIn: <https://www.linkedin.com/showcase/medtronic-canada/?viewAsMember=true>

Contact information:

Abhishek Chaudhary

Email: Abhishek.chaudhary@medtronic.com

Phone: 416-209-3328



2022

CHRONIC DISEASE
AT WORK

Benefits
REPORT

CORPORATE PROFILES | FEBRUARY 8-9, 2022



Sun Life

Sun Life

Sun Life is a leading international financial services organization providing insurance, wealth and asset management solutions to individual and corporate clients. Sun Life has operations in a number of markets worldwide, including Canada, the United States, the United Kingdom, Ireland, Hong Kong, the Philippines, Japan, Indonesia, India, China, Australia, Singapore, Vietnam, Malaysia and Bermuda. As of March 31, 2021, Sun Life had total assets under management of \$1,304 billion. For more information please visit www.sunlife.com.

Sun Life Financial Inc. trades on the Toronto (TSX), New York (NYSE) and Philippine (PSE) stock exchanges under the ticker symbol SLF.

Learn more:

Website: www.sunlife.com

Twitter: <https://twitter.com/SunLifeCA>

LinkedIn: <https://www.linkedin.com/company/sun-life-financial>

Facebook: facebook.com/SLFCanada/



2022

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Takeda Canada

Takeda Canada is one of the fastest-growing pharmaceutical companies in Canada delivering better health for Canadians through leading innovations in gastroenterology, oncology, neuroscience, and rare diseases. Takeda's top priority is the health of Canadians; their well-being is central to our work and drives our commitment to deliver a diverse portfolio of innovative treatments in specialty care.

Guided by an unwavering commitment to significantly improve lives and in collaboration with key stakeholders, we are committed to providing needed services and solutions beyond our medicines. Our core values are deeply ingrained in our culture and in the way we conduct our business. Led by the top talent in the industry, Takeda strives to become a best-in-class specialty care provider focusing in the areas we work to serve the needs of Canadian patients.

To find out more about Takeda Canada and our commitment to Canadians, visit www.takeda.com/en-ca.



2022

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Inspired by patients.
Driven by science.

Inspirés par les patients. Guidés par la science.

UCB Canada Inc.

At UCB Canada Inc., patients are at the heart of everything we do. Since UCB Canada Inc. was established in 2006, we have continuously maintained invaluable programs for patients and healthcare professionals. Many of the programs we support are noted for their innovation and pioneering work in health care.

We are proud supporters of Canadian researchers and to date, more than 6,000 Canadians have participated in over 20 global clinical trials through leading centres across the country.

Learn more:

Website: UCB in Canada | UCB ([ucb-canada.ca](https://www.ucb-canada.ca))

Facebook: <https://www.facebook.com/UCBbiopharma>

Twitter: https://twitter.com/ucb_news

YouTube: <https://www.youtube.com/user/UCB>

Instagram: https://www.instagram.com/ucb_biopharma/

LinkedIn: <https://www.linkedin.com/company/ucb-pharma/>

Contact information:

Jim Smyth, Manager Market Access & Government Relations,
UCB Canada Inc.

Email: jim.smyth@ucb.com



RESOURCES

What Science Can Do



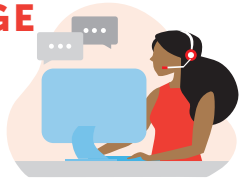
At AstraZeneca, we believe in the power of what science can do to transform serious diseases like cancer, chronic kidney disease, diabetes, COPD, and asthma. Each and every one of us is bold in the belief that science should be at the centre of everything we do. It compels us to push the boundaries of what is possible: to trust in the potential of ideas and pursue them, alone and with others, until we have transformed the treatment of disease.



The AstraZeneca logo is a registered trade-mark of AstraZeneca AB, used under licence by AstraZeneca Canada Inc.

LOOKING FOR MS INFORMATION & SUPPORT?

MS KNOWLEDGE NETWORK



The MS Knowledge Network is the MS Society of Canada's hub of knowledge and navigators, providing consistent, quality MS information and support for anyone in Canada. Our team of MS Navigators provide trusted information on all aspects of life with MS. Whether you're living with the disease, working with or caring for someone with MS, being able to tap into current, reliable information will enable you to make informed choices.

QUALITY OF LIFE EQUIPMENT PROGRAM



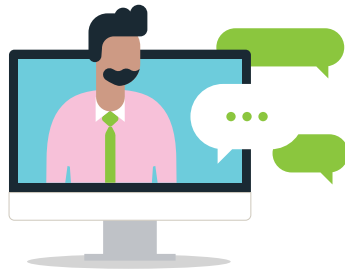
The MS Society offers individuals living with MS a wide variety of programs that promote personal independence and contribute to an enhanced quality of life. The Quality of Life Equipment Program is designed to provide financial assistance to individuals requiring support with the purchase of mobility equipment and safety devices.

PEER SUPPORT PROGRAMS



Peer Support Groups and 1:1 Peer Support bring together individuals affected by MS through either a group or one-to-one format to share common concerns and experiences in an informal safe environment. Whether you have a specific question, you are experiencing MS related issues, or you are looking for social connection, a peer support group or one-to-one connection can help.

EDUCATION



The MS Society regularly offers free webinars featuring experts on a variety of topics related to MS. Additionally, our MS Connect Conference brings the MS community together to hear about ground-breaking discoveries and the progress made in MS research. You can attend our education opportunities from anywhere: online from your computer or call in via phone. All education is recorded and available through our website.

WELLNESS



The MS Society has developed partnerships to promote wellness virtually, as well as several resources and guidelines to support individuals becoming active in their community. MS Navigators can also connect you to wellness opportunities available in your local community when it is safe to do so.

For information and support on navigating your MS journey or to register for any MS Society programs, please contact an MS Navigator toll-free at 1-844- 859-6789, by email at msnavigators@mssociety.ca, or through live web chat Monday to Friday, 8am-8pm ET. You can also visit mssociety.ca at anytime for reliable information and support.

LOOKING TO GET INVOLVED IN YOUR COMMUNITY?

MS[®] WALK

Every year, families, friends, co-workers, and community members gather together at MS Walk to take a stand against multiple sclerosis. Together, we are building a better future for people affected by MS. Joining your local MS Walk means keeping the momentum going and showing support to people who live with MS in your community.

MS BIKE

Every summer cyclists of all ages and fitness levels come together across Canada to find, and conquer, their personal cycling challenge at MS Bike. Join our community as we hit the road, trainer, or stationary bike and virtually connect for a cycling experience you will never forget.

WE CHALLENGE MS[®]

We Challenge MS is a nationwide movement turning people's ordinary hobbies into extraordinary actions. Whether you choose to create, stream, write, game, craft, walk, share, cycle, bake, run — however you choose to challenge MS, know that we challenge MS together.



VOLUNTEER OPPORTUNITIES

Our volunteers are a diverse and talented group of people who are connected by a shared drive to create positive change in their communities. Volunteers are an integral part of our team: they advocate, help out at fundraising events, provide direct support to individuals living with MS, and so much more. We would love for you to join our team!

There are many ways to get engaged in your local community – whether you are looking to raise money for leading-edge research and important support programs or take action through one of our many volunteer opportunities. For questions or to learn more, contact MS Society staff toll-free at 1-800-268-7582 or visit mssociety.ca.

VOUS AVEZ BESOIN D'INFORMATION SUR LA SP ET DE SOUTIEN?

RÉSEAU DE CONNAISSANCES SUR LA SP



Le Réseau de connaissances sur la SP est un système d'information et d'orientation mis sur pied par la Société de la SP, visant à fournir de l'information et des services de soutien uniformes, fiables et de grande qualité aux Canadiens. Les agents info-SP qui en font partie peuvent vous renseigner sur tous les aspects de la vie avec la SP. Si vous êtes aux prises avec cette maladie, travaillez avec une personne vivant avec la SP ou êtes un proche aidant, vous avez besoin d'information fiable et à jour pour prendre des décisions éclairées.

PROGRAMME DE SUBVENTIONS POUR LA QUALITÉ DE VIE DESTINÉES À L'ACQUISITION D'ÉQUIPEMENT

La Société de la SP offre aux personnes atteintes de SP divers programmes favorisant l'autonomie et l'amélioration de la qualité de vie. Le programme de subventions pour la qualité de vie destinées à l'acquisition d'équipement consiste à apporter un soutien financier aux personnes qui n'ont pas les moyens de se procurer le dispositif de sécurité ou d'aide à la mobilité dont elles ont besoin.

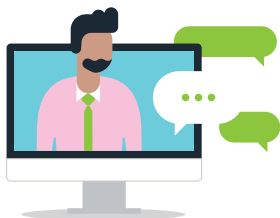


PROGRAMME DE SOUTIEN ENTRE PAIRS



Les groupes d'entraide par les pairs et le Programme de soutien entre pairs consistent à rassembler des gens qui sont touchés par la SP et permettent à ces derniers d'aborder leurs expériences et préoccupations communes de manière spontanée et en toute sécurité dans le cadre de rencontres en groupe ou d'entrevues individuelles. Que vous ayez une question précise à poser, que vous éprouviez des difficultés en raison de la SP ou que vous souhaitiez établir des liens avec d'autres personnes, le fait de vous joindre à un groupe d'entraide ou de vous entretenir avec une autre personne touchée par la SP peut vous procurer le soutien dont vous avez besoin.

INFORMATION



La Société de la SP propose régulièrement des webinaires gratuits sur une variété de sujets en lien avec la SP, qui sont donnés par des spécialistes de divers domaines. De plus, dans le cadre de l'événement Connexion SP, elle permet aux membres de la collectivité de la SP de se réunir afin d'en savoir plus sur les progrès et les percées déterminantes réalisés dans le domaine de la recherche sur la SP. Vous avez la possibilité de prendre part aux diverses séances d'information offertes par notre organisme où que vous soyez, au moyen d'un ordinateur ou encore à l'aide d'un téléphone. Toutes ces séances font l'objet d'enregistrements qui sont mis à votre disposition sur notre site Web.

BIEN-ÊTRE



La Société de la SP a établi divers partenariats en vue de promouvoir le bien-être de façon virtuelle et a élaboré un certain nombre de ressources et de lignes directrices destinées à aider les gens à devenir actifs au sein de leur collectivité. Nos agents info-SP peuvent aussi guider ces derniers relativement aux possibilités offertes dans leur localité en matière de bien-être (si celles-ci s'avèrent sans risque).

Pour obtenir de l'information ou trouver du soutien quant à votre parcours avec la SP ou pour vous inscrire à l'un des programmes de la Société de la SP, veuillez communiquer avec un agent info-SP du lundi au vendredi, de 9 h à 17 h, HE, par téléphone, au 1 844 859-6789, par courriel, à agentinfosp@scleroseenplaques.ca, ou encore sur notre site Web, par l'intermédiaire de notre outil de clavardage. Vous pouvez également consulter le scleroseenplaques.ca, qui constitue une source fiable d'information et de services de soutien accessible en tout temps.

VOUS SOUHAITEZ VOUS MOBILISER AUX CÔTÉS DE VOTRE COLLECTIVITÉ?

MARCHE SP MD

Chaque année, des familles, des amis et des collègues se rassemblent à l'occasion de la Marche SP pour lutter contre la sclérose en plaques. Ensemble, nous pouvons améliorer l'avenir des Canadiens touchés par la SP. En participant à la Marche SP, vous contribuez aux efforts qui sont déployés pour stopper la SP tout en soutenant les personnes qui vivent avec cette maladie dans votre collectivité.



Chaque été, des cyclistes de tous âges et de tous niveaux unissent leurs efforts d'un bout à l'autre du pays pour relever un défi personnel à l'occasion du Vélo SP. Joignez-vous à la collectivité que nous formons – que ce soit sur la route ou en pédalant sur votre vélo d'intérieur – alors que nous nous mobiliserons virtuellement pour vivre une expérience cycliste inoubliable.

MON DÉFI SP MD POUR STOPPER LA

La campagne #stopponslaSP consiste en un mouvement national dont l'objectif est de donner à l'ensemble des Canadiens la possibilité d'accomplir une action extraordinaire tout en pratiquant leur passe-temps habituel. Qu'il s'agisse de faire appel à votre créativité, de diffuser du contenu en ligne, d'écrire, d'organiser des jeux, de vous adonner à une activité artisanale, de marcher, de témoigner, de pédaler, de courir ou de faire de la pâtisserie, l'action que vous accomplirez pour stopper la SP s'inscrira dans le cadre d'un mouvement collectif.

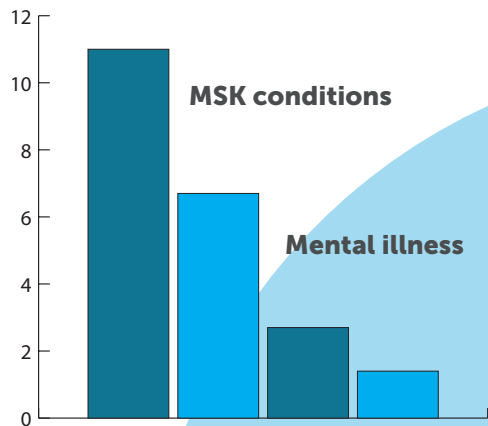
POSSIBILITÉS DE BÉNÉVOLAT

Les bénévoles de la Société de la SP forment une communauté diversifiée et talentueuse, unie par une volonté commune de se mobiliser en vue de la réalisation de progrès notables au sein de nos collectivités. Ces bénévoles dévoués font partie intégrante de notre équipe : en effet, ils participent à nos activités de défense des droits et des intérêts, nous prêtent main-forte à l'occasion de nos événements de collecte de fonds, apportent un soutien direct aux personnes atteintes de SP – tout cela et bien plus encore. Nous serions des plus heureux si vous décidiez de vous joindre à notre équipe à titre de bénévole!

Vous pouvez vous investir de bien des façons au profit de votre collectivité – qu'il s'agisse de collecter des fonds pour contribuer à la prestation de programmes et de services essentiels ainsi qu'au financement de travaux de recherche d'avant-garde ou encore de passer à l'action en saisissant l'une des occasions de bénévolat que nous vous proposons. Si vous avez des questions ou souhaitez en apprendre davantage, n'hésitez pas à nous appeler, en composant le numéro sans frais 1 800 268 7582, ou à visiter le scleroseenplaques.ca.



MSK conditions cost Canada \$22 billion a year in health costs and lost productivity



11 million Canadians suffer from at least one MSK condition each year, such as back pain, headaches, arm or neck strain and diseases of the muscle and joints.

Compared to 6.7 million Canadians with mental illness; 2.7 million with diabetes, 1.4 million with heart disease

Impacts of COVID-19: Benefits Canada reported that 51% of employers anticipated MSK health issues in the year ahead, due to:

- Poor ergonomic workspaces
- Declining mental health
- Decreased physical fitness

Back pain is the second leading cause of both short term and long-term disability claims in Canada, after mental health.



1/3 of all lost time at work is caused by back pain



DOWNLOAD THE FREE STRAIGHTEN UP CANADA APP!



The world has changed. How about your benefits coverage?

The Canadian Chiropractic Association represents the over 9,000 licensed and regulated Doctors of Chiropractic in Canada, who help 4.7 million patients each year prevent or manage the serious burden of MSK pain and disease.

Association
chiropratique
canadienne



Canadian
Chiropractic
Association

We can help. Ask us how. Alison Dantas, CEO: ADantas@Chiropractic.ca

Chronic Disease Including Cancer

- Assessment of current treatment plans
- Help with understanding medical conditions and treatment options
- Facilitate access to tests, treatments and clinical trials
- Develop questions for medical appointments
- Virtual medical second opinion, when needed
- Assistance in finding and accessing local resources,
- Empowering patients to take an active role in their treatment and recovery
- Support throughout navigation to ensure patient understands and makes informed health care decisions



44%

adults 20+ have
at least one
chronic disease



~1 IN 2

lifetime chance
of developing
cancer

Elder Care

- Initial consultation/assessment
- Development of a customized plan of care with virtual visits
- Assistance in finding local community resources, service providers, specialists and alternate care providers
- Assistance navigating sources of funding – government benefits, insurance or private care
- Providing information and community resources to ensure the safety and independence at home
- Coaching through life changing moments
- Assistance in finding the right senior living option



25%

age 15+ have
caregiving
responsibilities



"Our job is to empower members with the information they need while providing constant guidance and support throughout treatment."

— CAREPATH NURSE CASE MANAGER

Mental Health

- Navigation by mental health specialists
- Initial consultation and assessment
- Mobile solution based on Cognitive Behavioural Therapy
- Unlimited access to therapeutic counselling sessions
- Support for anxiety, depression, stress management and return to work



COVERAGE FOR

1M⁺
CANADIANS

Our Clients

Bell



LIUNA!

SAP

Scotiabank



ROGERS

SAMSUNG



Mental Health

We are pleased to introduce the Carepath Mental Health Program as a valuable addition to your benefits plan.

Our program helps individuals, couples and their families suffering from mild to severe mental health disorders, as well as those struggling mentally or emotionally due to another health condition or life event. We provide multiple levels of support and guidance using distance technologies, including telephone, email and secured video chat.

Our teams of highly trained and skilled psychologists, social workers, and advanced practice nurses know that different types of therapies work better for different people – and for different issues. That's why our program provides a range of psychotherapies tailored to your needs, including internet based cognitive behavioural therapy (iCBT) and mindfulness-based CBT.

We also offer a range of online educational tools and materials to support you with emotional wellbeing. Our program currently supports members with a variety of mental health-related issues like: anxiety, depression, stress, grief, couples' therapy, PTSD, addiction, parent-child issues.

HOW WE HELP



You can reach out for support at any time, without the need for a referral, and will be contacted to arrange your first appointment within 24-48 hours



You will have access to therapy for as long as you need it – not just for a set number of appointments



With your consent, the Mental Health program can connect with outside providers (family doctor, specialists, etc.) to ensure there are no gaps or overlaps in the care you are being provided



Access to psychiatric assessment and family physician consultation for clients meeting certain criteria



Our program is available to assist you, as well as those in your immediate family who may be affected by the same or different issues



You have 24/7 access to tools. From online educational materials for self-management, to mobile therapy apps and modules that measure progress, our program provides you with mental health support during and between therapy sessions

Call us. We're here to help.

1.866.883.5956

carepath.ca

 **Carepath**
DigitalHealth
BY Bayshore

A photograph of a family—a man, a woman, and a young child—smiling and looking at a laptop together. The image has a blue and green tint.

Building a healthier workforce.

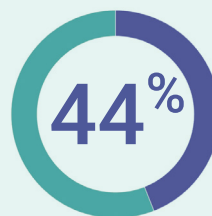
Empowering your workforce to manage their health and the health of their loved ones.

Today, organizations are investing heavily in their workforce. Employees are one of the key contributors to business growth and success, and keeping your team happy, healthy and engaged should always be a top priority.

Managing personal health and wellness is not a simple task for anyone, but it can be extremely difficult for those living with a chronic condition or caring for someone with a chronic condition. People living with chronic illnesses have complex needs, a lengthy path to diagnosis, and overwhelming amounts of tests and paperwork. Managing the administrative burden that accompanies living with a chronic illness, or disability, can feel like a full-time job.

Chronically Simple allows people living with a chronic illness, or caring for a loved one living with a chronic illness or disability, to take an active role in the management of their care plan, to feel empowered to better advocate for themselves, and to ensure continuity of care, with information that is available in real-time, anytime, and accessible from anywhere.

Patients



44% of Canadian adults age 20+ have at least 1 common chronic illness, and 1 in 12 live with a rare disorder.

source: www.canada.ca/en/public-health/services/chronic-diseases/prevalence-canadian-adults-infographic-2019.html

Caregivers



Nearly half the Canadian population has cared for an aging, ill or disabled family member or friend at some point.

source: www150.statcan.gc.ca/n1/pub/89-652-x/89-652-x2013001-eng.htm

Built by a patient and caregiver, for patients and caregivers.

Our Solution

- Provides an innovative tool to ease the burden, and assist patients, with taking an active role in managing their health, tracking symptoms and maintaining their care plan
- Engages with patients on a regular basis, sending appointment and medication reminders
- Alleviates the administrative burden on patients and caregivers by tracking pre-appointment notes and questions, which additionally alleviates stress and anxiety

Insight Opportunities

- Customer satisfaction surveys to gain insight into app usage and satisfaction
- Analyze trends in users within segmented therapeutic area to better understand member's needs
- Collect data to understand patient trends and usage of the Chronically Simple app

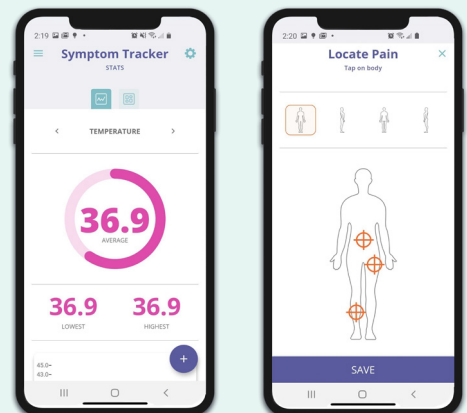
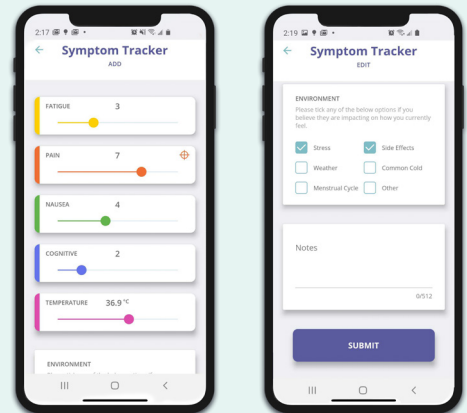
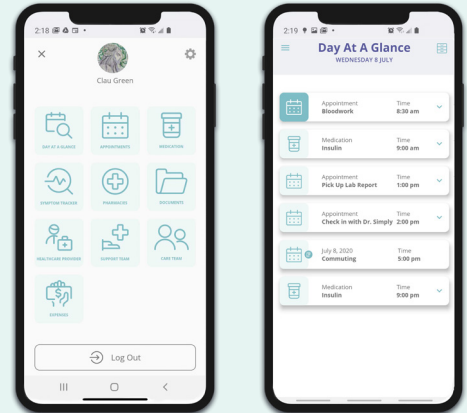
Patients are more likely to adhere to a treatment that they feel they are in control of.

Chronically Simple empowers patients to advocate for themselves by keeping their questions and symptoms at their fingertips.

Request a product demo and find out how to enable your patients to take control of all aspects of their healthcare (appointments, medications, test results, etc.) driving better health outcomes.

To request a product demo contact
Matt Nelson at mnelson@innomar-strategies.com

www.chronicallysimple.com



Keeping your best interests in mind

We offer guidance and custom solutions for group insurance and retirement savings plans that:

- promote every facet of your employees' physical and mental health
- contribute to your employees' financial empowerment
- are tailored to your unique needs

What's important to you and your employees is important to us.

Learn more at desjardinslifeinsurance.com/en/yourbestinterests

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Life • Health • Retirement

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LILLY FOR BETTER

Our founder, Colonel Lilly, said, "Take what you find here and make it better and better." Today, this commitment to making life better extends to every aspect of our business and the people we serve. Guided by these words, our commitment to humanity defines the spirit of our company.

Learn more about our heritage and dedication to creating medicines that make life better at lilly.ca.

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Lilly

Medtronic

SMARTGUARD™ AUTO MODE

Helps you spend more time in range¹

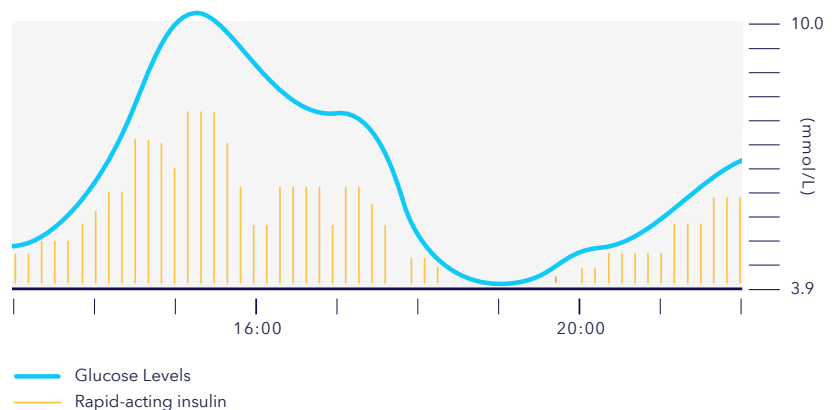


"Living with Type 1 Diabetes takes a lot of hard work, but being able to allow my MiniMed 770G with auto mode take the lead and alleviate the burden has improved my management and mindset. Automation allows me to show up for myself and my family, friends and colleagues."

Kayla, Ontario



**ADAPTING INSULIN NEEDS
EVERY 5 MINUTES***



Helps manage highs

If you're trending high,
it gives you more insulin

Helps manage lows

If you're trending low,
it gives you less insulin

Find out how the MiniMed™ 770G insulin pump and continuous glucose monitoring system could help your employees.

www.medtronicdiabetes.ca - 1.800.284.4416

The MiniMed™ 770G is indicated for people living with Type 1 diabetes, ages 2 and older. Individual results may vary.

*Some user interaction required. Kayla is an employee of Medtronic Canada.

1. Bergenstal, R. M. et al. Jama. 2016; 316 (13): 1407-1408

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Sun Life understands employers need our support. Our solutions focus on helping Canadians thrive by supporting their health and well-being.

Visit sunlife.ca/groupbenefits to learn how we can help your employees live healthier, happier lives.

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



Sun Life

Life's brighter under the sun



Better Health, Brighter Future

Since our founding in 1781 in Osaka, Japan, our values endure by putting patient needs first, building trust with society, strengthening our reputation and developing the business – in that order.

Takeda will always be unwavering in our commitment to bring better health and a brighter future to Canadians through leading innovations in gastroenterology, oncology, neuroscience and rare diseases.

To find out more about Takeda and our commitment to Canadians, visit www.takeda.com/en-ca.



UCB is committed to supporting patients through the initiatives of our valued patient group partners.

A presentation by:



UCB is a proud sponsor of the upcoming session

Working It Out: Supporting people with psoriatic disease in the workplace.

Join in the discussion about the findings of the Working it Out survey, aimed to better understand and address the workplace challenges and needs of people living with psoriasis and psoriatic arthritis.

Wed, Feb 9, 2022
12:45 PM – 1:15 PM



Inspired by **patients.**
Driven by **science.**

UCB is committed to supporting patients through the initiatives of our valued patient group partners.

A presentation by:

CAPA Canadian Arthritis Patient Alliance

CAPP ACPP
Canadian Association of Psoriasis Patients
Association canadienne des patients atteints de psoriasis

Canadian Psoriasis Network
Réseau canadien du psoriasis

Canadian Spondylitis Association

UCB is a proud sponsor of the upcoming session

Recruiting and retaining women+ in the workplace:

Insights from women+ with inflammatory arthritis and rheumatic and psoriatic diseases.

Join in the discussion about the findings of the Baring it All report, a survey on reproductive and sexual health in women+ with inflammatory arthritis and rheumatic and psoriatic diseases.

Wed, Feb 9, 2022
1:15 PM – 1:45 PM

BaringItAll 

For access to the full report and additional resources visit:
www.baringitall.ca



Inspired by **patients.**
Driven by **science.**

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