

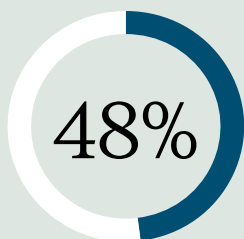
Working together to support women's health

Despite many strides in achieving equity, a gender health gap still exists.

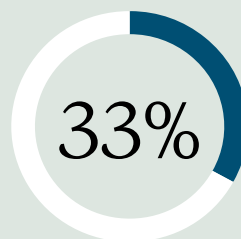


Read our new Bright Paper report to get the full story.

Did you know?



of the workforce is made up of women.¹



of women said their group benefits plan didn't provide adequate coverage to meet their needs. This is compared with 17% of men.²

How the health system underserves women*:



Stigma towards women-specific health issues.



Lack of representation in medical research and exclusion from clinical trials.



Bias in diagnosis and treatment. Doctors are up to two times more likely to diagnose women with a psychological cause for their pain.

Why things need to change



40%

of women's **long-term disability claims** are for mental disorders, compared with 30% of men's.³ This can be due to societal and physiological factors.



89%

of women report feeling **stressed or anxious** at work because of their period.⁴ Stigma around menstrual pain and other symptoms translates into workplace stress.



23%

of women who give birth experience **post-partum depression**.⁵

Post-partum depression often lasts 3 to 6 months. Only about 30% of women actually receive treatment and about 50% of women are never diagnosed.⁶



75%

of **adverse drug reactions** in Canada are experienced by women.⁷

54%

of women feel menopause is a taboo topic.⁸

1/10

An estimate of how many women leave the workplace due to their menopause symptoms, because they're so debilitating.⁹

Read our Bright Paper report today!

You'll learn more about the actions you can take to increase awareness of women's health and support women in your workplace.

* Our report is primarily focused on the health of people who identify as women and have a uterus. This includes people who experience physical and hormonal changes associated with biological female reproduction throughout their lifetime. However, some or all of this paper could apply to non-binary, transgender or two-spirited people who have a uterus.

This infographic provides you with general information only. It doesn't provide you with employment, legal, health or financial advice. Consult with the appropriate professional to meet your organization's needs.

¹Statistics Canada, Labour Force characteristics, 2022

²National survey of 2,313 working Canadians, age 18-65, conducted by Ipsos on behalf of Sun Life, February 2022

³Sun Life's 2022 claims data

⁴Periods and menstrual wellbeing in the workplace - the case for change, Bloody Good Period, 2021

⁵<https://www150.statcan.gc.ca/n1/daily-quotidien/190624/dq190624b-eng.htm>

⁶<https://www.postpartumdepression.org/resources/statistics/>

⁷Women's Health Collective Canada, Women's Health Collective is addressing the gap in women's health, June 2021

⁸Menopause Foundation of Canada, The Silence and the Stigma: Menopause in Canada, 2022

⁹Brand, A. 10% of women leave the workforce due to menopause. HRreview. UK.





You need:

Exceptional personalized service, inclusive value-driven solutions, ahead of the curve insights.

We deliver:

Best in Health.

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