

IN FOCUS NEWS

*Seeking to Understand
Before **Being Understood***

Local Touch. National Strength

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Retiree Mental Health Benefit Support

Retiree mental health support is a vital component of overall well-being for those transitioning from the workforce into retirement. Mental health benefits for retirees can vary depending on where they live, their previous employer's retirement benefits package, if they have retiree benefits extended into their retirement age, and which Provincial Public healthcare system available to them.

Retirement can impact mental health in several ways, and having supplemental health and life insurance benefits can help retirees support their mental health.

Stress and depression

Retirement can cause stress and depression, especially in the early years. Some retirees may grieve for the loss of their old life or worry about how to fill their days.

Health & Life Benefit Availability

Having the comfort of receiving supplemental benefits to cover healthcare related expenses can bridge the gap between what is available publicly and what a Retiree may need. This can lead to improved health and lower stress.

Time for activities

Retirement can provide more time for activities at home and elsewhere, which can lead to more ownership of one's health, and provide more time to invest in one's health.

What can you do?

Here are some tips for caring for your mental health during retirement:

- Get regular exercise
- Monitor your health regularly and see your doctor
- Make sleep a priority
- Try a relaxing activity
- Focus on positivity
- Stay connected

If you're experiencing mental health challenges, it's important to recognize the signs and symptoms, and seek support if you're experiencing them for a prolonged duration. Mental health conditions know no age, young or old, it doesn't discriminate.

What Else?

Make sure to consider having the right coverage for those retired employees that contributed to your organization. Retirees who have private insurance plans through former employers or union trustee arrangements may have several different health services covered as part of their health benefits.

These plans often include some paramedical benefits for psychology, prescription drugs for mental health conditions over and above the provincial coverage, and telehealth services for easier access to therapy. Knowing you have Life insurance and final expense benefits to provide protection for a Retirees family can also alleviate mental health concerns.

From Canadian Benefits Consulting Group

Thank you for the referrals we've received to assist more Locals in becoming the administrator of their benefit programs.

As we continue our growth journey, we have looked for opportunities to scale our business. We continue to work with the parent company Navacord, one of Canada's largest and fastest growing insurance brokerage firms.

As always, we couldn't do it without your support – so Thank you for your confidence in Canadian Benefits



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