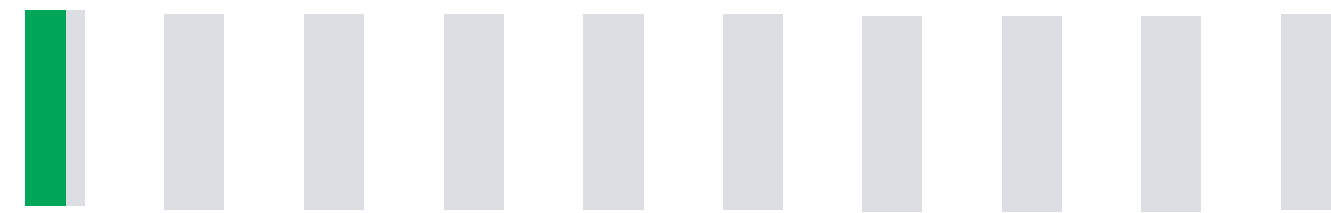




Discover the power of Manulife's health insights

Women's health and family support

Less than 10%



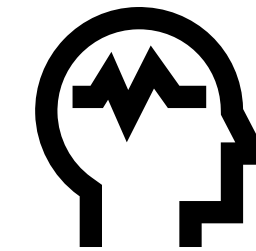
of Canadians have fertility treatment coverage through their group benefits.¹

Read more: [Supporting women's heart health in the workplace | Manulife](#)

Manulife's Health Insights Reports, which examine aggregate claims data, can help uncover how employees have used their health benefits. This enables you to make informed, data-driven decisions to promote a healthier workforce and may even reduce absenteeism and disability claims.

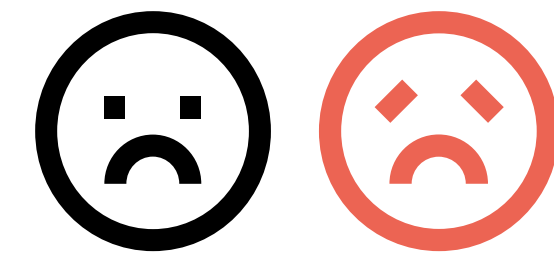
Mental health after pregnancy:

15.1%



of women made mental health claims after pregnancy.¹

41.6%



of those seeking treatment post-pregnancy hadn't claimed for mental health medication or therapy the year before pregnancy.¹ This may suggest their condition developed or worsened during or after pregnancy.¹



Trends in cardiovascular health

Heart health of young adults:

35% 

increase in medication claims for cardiovascular conditions in ages 18-24 over 4 years

17% increase for those 17 and younger.²

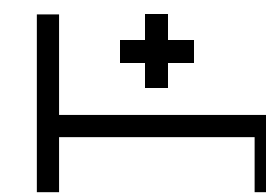


Early onset of high blood pressure and high cholesterol can cause serious health problems like heart and kidney disease.³

High blood pressure during pregnancy:

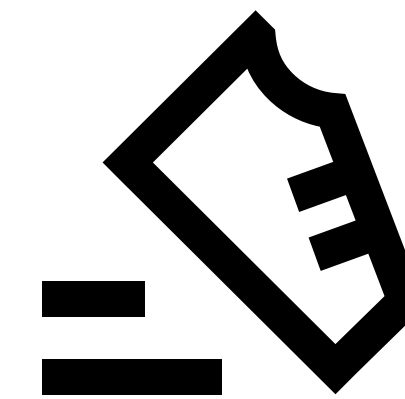
 **17.5%**

increase in medication claims for hypertensive pregnancy disorders from 2019 to 2023.²



Pre-eclampsia and similar conditions can cause serious complications, including premature delivery and organ damage.⁴

Promoting heart health in the workplace:



Healthy lifestyle:
Encourage young adults to follow a healthy diet, exercise regularly, and avoid smoking and drinking alcohol.



Employer support:
Provide health benefits that may expand coverage of cardiovascular medications and related healthcare services to support employee heart health.⁵

Read more:

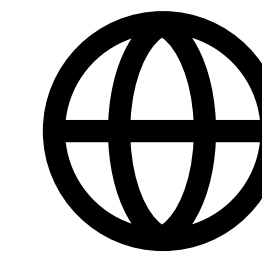
[Heart Health Insights | Manulife](#)



Substance use disorder and impacts on the workplace

Rising claims:

17.2%  increase in claims for substance use disorders in 2023.²



Industry-wide impact: Substance use disorders affect employees across all industries.²



52%

growth in claims for treatment medications since 2020.²



Mental health connection: People with substance use disorders are more likely to also have a mental health condition like anxiety, depression, or post-traumatic stress disorder (PTSD).⁶

Read more: [Employee health and wellness: Trends, Insights, and Solutions | Manulife](#)



Soaring trends in anti-obesity drug claims

Increasing demand:



increase in unique claimants for anti-obesity drugs, indicating a rising trend in weight loss treatments and growing interest from healthcare providers.²

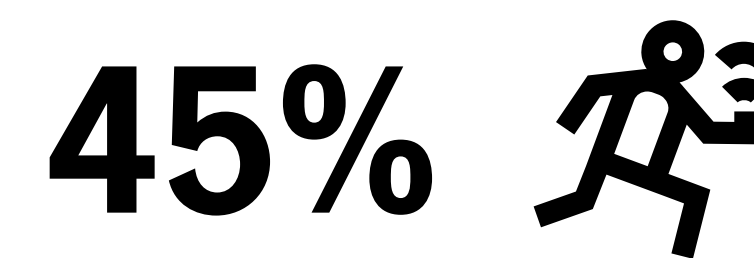
More women are claiming anti-obesity drugs than men:



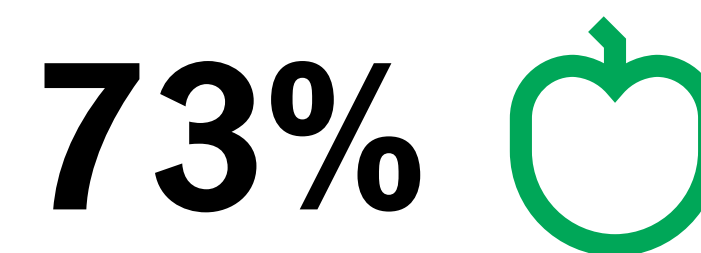
Top lifestyle factors affecting weight management (The Wellness Report 2023):⁷



are not getting enough sleep⁷



of people are not getting enough physical activity⁷



are not consuming the recommended five or more portions of fruits and vegetables per day⁷



of employees are at risk of developing a chronic condition based on body composition⁷

Sources:

¹ Manulife aggregate claims data, 2024 | ² Manulife aggregate claims data, 2023 | ³ <https://www.medicalnewstoday.com/articles/how-high-cholesterol-and-hypertension-increase-heart-disease-risks-in-younger-adults>, 2023 | ⁴ [https://onlinecjc.ca/article/S0828-282X\(18\)30182-X/fulltext](https://onlinecjc.ca/article/S0828-282X(18)30182-X/fulltext), 2018 | ⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8649235/#:~:text=At%20the%20workplace%2C%20employers%20can,community%20resources%20for%20physical%20activity>, 2021 | ⁶ <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>, undated, accessed February 2024 | ⁷ The Wellness Report 2023. The report encompasses findings from three surveys conducted across 99 organizations, involving a total of 8,728 employees.

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Read more about the ways you can provide support: [The surging demand for anti-obesity drugs | Manulife](#)