Financial health is foundational health

Benefits confusion can be as damaging as to health as having no emergency savings, as our recent survey of 5,000 employees across 23 industries.

Financial anxiety is a workplace issue

37%

of Canadian workers feel worried or anxious about their finances at least some of the time.

47 Points lower

Mental Health Index score among workers who always feel anxious about money versus those who never do.

10%

says their financial situation negatively affected productivity in the previous three months.

Cost-of-living pressures is exposing deeper financial insecurity

63%

identify cost of living as their leading financial concern.

28%

lack enough emergency savings to cover basic needs.

Mental Health Index score

49.1 without savings

69.7 with savings

20.6 point gap

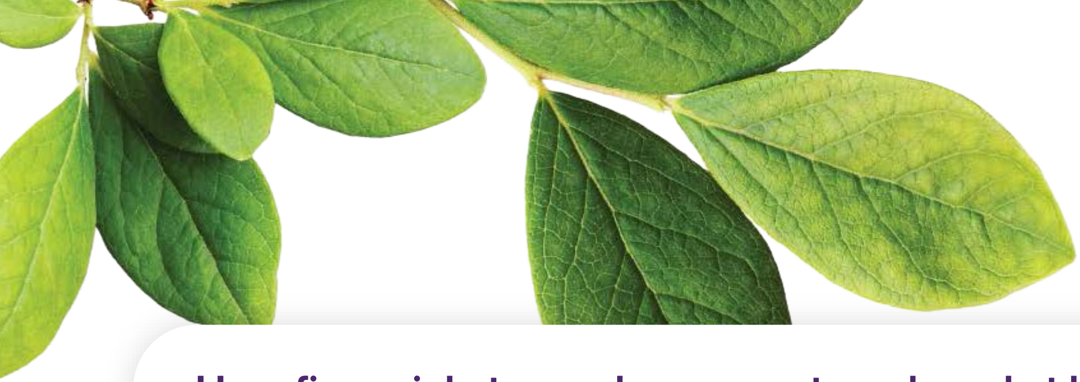
A 19.3 point gap

69.9 vs. 50.6

Workers who understand their retirement and savings programs very well vs. Those with no understanding.

Benefits confusion can carry the same mental health penalty as having no emergency savings.

TELUS Health



How financial stress shows up at work and at home

37%	27%	18%	14%	5%
increased anxiety	disrupted sleep	reduced motivation or engagement	difficulty concentrating at work	missed work

What employers can control

1. Intuitive digital experiences
2. Effective decision support
3. AI-enabled technology
4. Reliable human assistance

Financial health is our focus

Benefits and retirement programs that work across the full hire through retire journey.

Read our online post to learn more.

Source: TELUS Health Mental Health Index, Canada, Q2 2026