

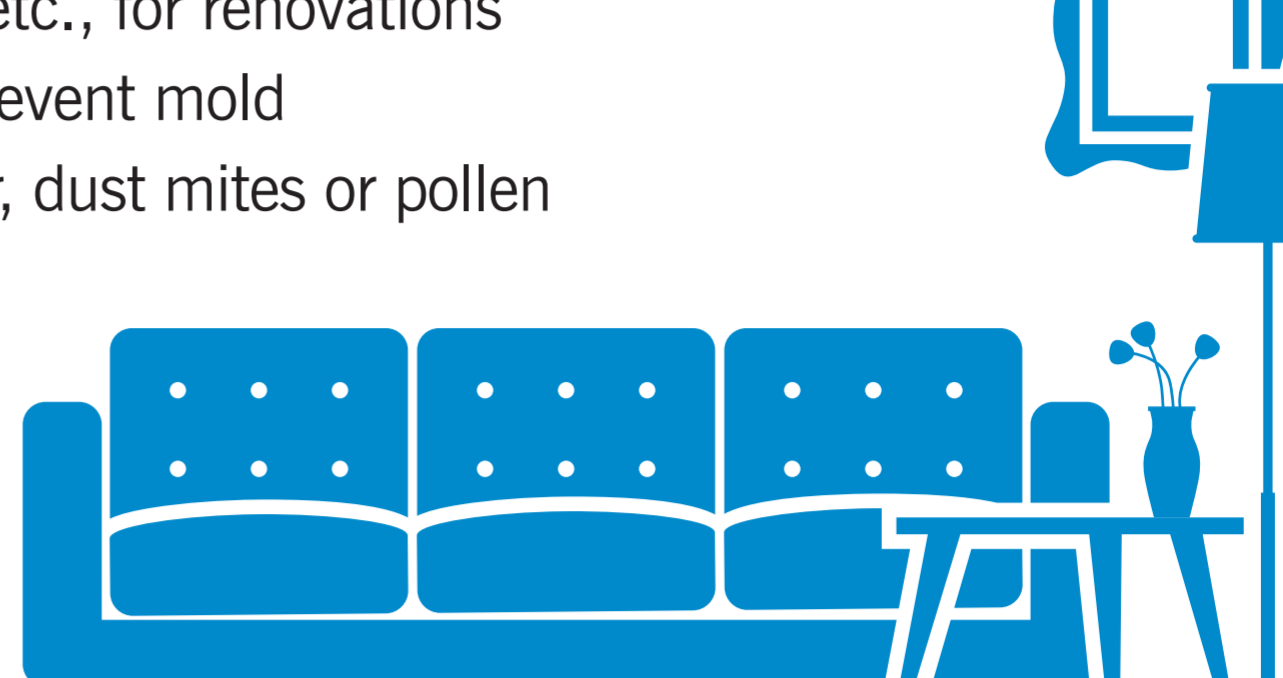
Tips for a healthier home, workspace and car

Wellness is about more than smart food choices and exercise. It's equally important to focus on the places where we spend the most time: at home, at work and in our cars. Keeping these spaces clean, organized and healthy can dramatically improve your mood, productivity, creativity, and overall well-being.

Share these simple tips with your employees so they can feel good about the space they're in!

At home

- > Vent appliances properly
- > Grow houseplants to help purify the air
- > Take off your shoes to avoid spreading dirt and bacteria indoors
- > Use lead-free paints, glues, materials, etc., for renovations
- > Keep indoor humidity below 50% to prevent mold
- > Vacuum often to eliminate dust, dander, dust mites or pollen
- > Clean your furnace
- > Install carbon monoxide detectors and smoke detectors and test for radon gas



At work



- > Eliminate clutter
- > Add a plant to help clean the air and improve your mood
- > Set up a light therapy lamp if you don't sit near a window
- > Put an air purifier on your desk
- > Replace your chair with an exercise ball
- > Try a standing desk
- > Keep your computer monitor at eye level
- > Use a keyboard with adjustable angles

In your vehicle

- > Avoid air fresheners or deodorizers
- > Don't smoke
- > Use a damp cloth rather than chemical cleaners on the interior
- > Have a garbage bag accessible for trash
- > Vacuum to minimize allergies
- > Keep some distance from vehicles ahead to avoid pollutants
- > Set the air conditioner to use recirculated air
- > Open the windows of a new vehicle for 2 to 6 months when VOC¹ levels are highest



¹Volatile organic compounds

Most of us spend about:



50% of our lives inside our homes¹



1,700+ hours per year at work²



an **hour** per day commuting to and from work³



Home

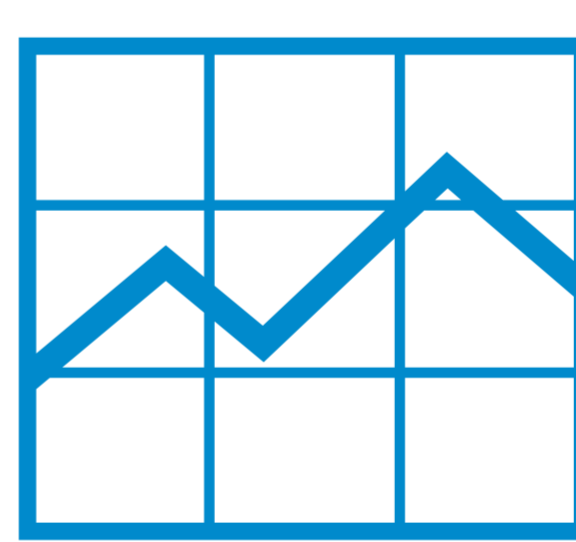


Work

A healthy, organized environment:



Boosts morale



Increases productivity

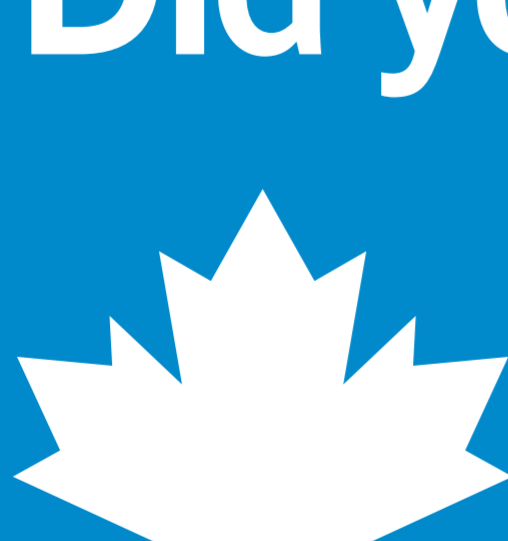


Promotes safety



Improves wellness

Did you know?



Over **two-thirds** of Canadians are making conscious efforts to improve their health.⁴

68%

of Canadians want to improve their health to prevent future health issues.⁵

In addition to providing Home and Auto insurance, we're committed to sharing tips that help support happy, healthy employees and workplace wellness.

To learn about a Co-operators Group Auto* and Home Insurance Program for your employees or members, visit cooperatorsgroupinsurance.ca/insure-my-group. Or talk to us today and we'll help you find the right solution for your business needs.

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¹OnHealth: What is a Healthy Home?
²Human Resources Director Canada: Hours worked per year – where does Canada rank?
³Statistics Canada: Commuting to work
⁴The Nielson Company: Healthy Habits Make Healthy Canadians
⁵The Nielson Company: Healthy Habits Make Healthy Canadians