

COMMUNIQUÉ

To Group Insurance plan administrators
Digital experience (online tools and services)

2026 webinars | Promoting total wellbeing

We have launched our 2026 webinar series. Already on February 18, a group of people took part in the first session of the series: *The power of good habits: why and how to optimize your contributions*.

We have designed this webinar series to support the financial, physical, mental and social wellbeing of plan members and their families. Here is this year's lineup:

March 11 | Fundamentals of group insurance: improve your understanding to make informed decisions

April 8 | Budget: tips and strategies for your financial wellbeing

May 13 | Prioritizing mental health: a practical guide to your total wellbeing – Part 1

May 20 | Prioritizing mental health: a practical guide to your total wellbeing – Part 2

June 10 | Weight management: concrete support to improve your wellbeing

September 16 | Welcome to Canada! Understanding your eligibility for government programs

October 14 | Women's health: a closer look at sexual and reproductive health, and fertility

November 4 | Securing your future: mastering financial strategies for a worry-free retirement

November 11 | Active aging: wellbeing and physical health in retirement

November 18 | Retirement: nurturing your mental and emotional health

November 25 | Navigating and embracing a fulfilling retirement lifestyle

It is not necessary to be a member of a group plan to attend our webinars—they are open to everyone. Anyone interested can register now on our [education website](#). It is also possible to view past [webinars](#) on this site.

These webinars are a great opportunity to support the total wellbeing of plan members through a simplified, personal experience. We invite you to promote them using this [poster](#).

If you have any questions, please contact your advisor or your iA Financial Group Account Executive.

You, as the plan administrator, have an important role to play in informing your plan members about their group insurance plan. We also look to your support to give them all explanatory and administrative documents upon enrolment or upon request. We will help you show them where they can consult this documentation if it is not available in hard copy. If you have any questions, please feel free to consult your administrator's guide or to contact your local Account Executive or Client Relationship Manager.

This communiqué and past publications are also available on this [website](#).