Purolator Health

Monthly Newsletter

LEADING HEALTHY CHANGE



Financial Literacy & Seasonal Readiness

November is all about building healthy habits for the season ahead. Your finances and confidence in managing them can have a significant impact on your overall health and wellbeing. This month, we'll share practical tips and resources to help you strengthen your financial literacy, manage holiday spending, and prepare for the colder months. Small steps today can help reduce stress and support your overall wellbeing throughout the season.

Wellness Snapshot: Daylight Savings Time

Click or scan to view, or visit PurolatorHealth.com for more shareable resources just like this one.



Purolator Health in Action

Biometric health screening with Cleveland Clinic at the Moncton, NB Customer Care and terminal locations, Understanding Insomnia at the NHO delivered at 3:00 a.m. for the AM shift









JOIN OUR TEAM

To learn more or join our team of wellbeing leaders, click below:

Purolator Mental Health First Aid Responder

Purolator Wellbeing Champion

Purolator Health spotlight:

Beth Cudmore, Health & Safety Specialist - Pickering, ON

Beth is a strong advocate for psychological safety and mental wellbeing, drawing on her own experiences to help create a more supportive workplace. She is an active MHFA Responder, Wellbeing Champion, and has further strengthened her skills through Applied Suicide Intervention Skills Training (ASIST). Beth consistently goes above and beyond by developing and delivering monthly presentations to operations leaders that connect health, safety, and wellbeing topics in practical and meaningful ways. Through her leadership, authenticity, and commitment to helping others, she continues to make a lasting impact on the wellbeing of employees across our organization.

Calendar of Activities - PurolatorHealth.com

Click or scan to visit

Stretch & Relax
Caring for the Caregiver
Cautious Consumerism in EN and FR
Maximizing your Retirement in EN and FR (pre-register with Sun Life)
Ask your CMD: Finances and Stress

Sun Life's 'Small Steps, Big Rewards Contest'

Take one small step towards a chance at $50,000

Complete simple activities, such as reviewing your investments and exploring planning tools, to earn entries for a chance to win $10,000 cash, or the $50,000 grand prize.
The contest is open to eligible members across Sun Life workplace savings plans, including Purolator employees, and runs until December 20. Log in and learn more at mysunlife.ca

Purolator International: Find benefits, retirement & discount information on the BenefitsPI Benefits & Retirement page.

Additional Resources

Employee and Family Assistance Program	Purolator International Wellness Page	Discounts and Promotions
TELUS Health	WELLNESS PUROLATOR INTERNATIONAL	workperks

Contact Us:
Email: purolatorhealth@purolator.com
Visit www.purolatorhealth.com for more information and resources.

NOVEMBER 2026