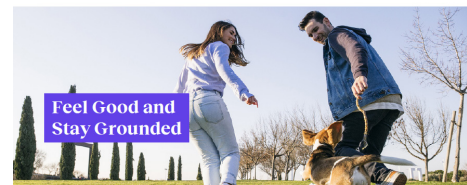


Teladoc October Newsletter

The next issue of the Teladoc Health™ newsletter is available for you to share with your team. Stay up to date on the latest news and advice on health and well-being. [Click Here](#) to download and share! Employees can also find the most current Teladoc newsletter anytime on *my-benefits*®. Go to *my-benefits health* and click on the Teladoc card, then navigate to the Teladoc Medical Experts section to find the PDF.



Visit TeladocHealth.ca for more information



Embarking on the path of healthy aging, joyful exercise, and mindful grounding connects you to a richer, more fulfilling life as the seasons change. The insights below will guide you to discover exercises that elevate your spirits and explore ways to anchor yourself for a harmonious balance in both body and mind.

New Gender Identification Options

To improve inclusivity in our plan design, we have added new gender options to all applicable administrative forms. Employees will now be asked to select from four gender identification options:

- Female
- Male
- Other expression
- Undisclosed

If an existing employee wishes to change their current gender identification, they can do so by updating this on their *my-benefits*® profile.