



## WELLNESS WIRE



## Dear Plan Members



Your benefits plan includes more than coverage. It also connects you with information, tools and resources that can help you make confident decisions about your health and wellbeing.

In this edition, we're sharing the release of the 2025 Annual Report, an important reminder about fraudulent emails and a closer look at digital mental health support available through the Health & Wellness Centre.

Each update is designed to help you stay informed, protected and connected to your plan.



## In this newsletter you will find:

2025 Annual Report, a cybersecurity reminder, mental health resources & more.  
Keep reading!

# The 2025 Annual Report Is Here

## A LOOK BACK AT THE YEAR

The Benefits of Film 2025 Annual Report is now available.

The report provides an overview of the Trust's work throughout the year, including important plan developments, member communications and the ongoing work involved in supporting a strong and sustainable benefits plan.

It also offers members a closer look at how the plan is managed and how the Trustees, administrators and partners work together on your behalf.

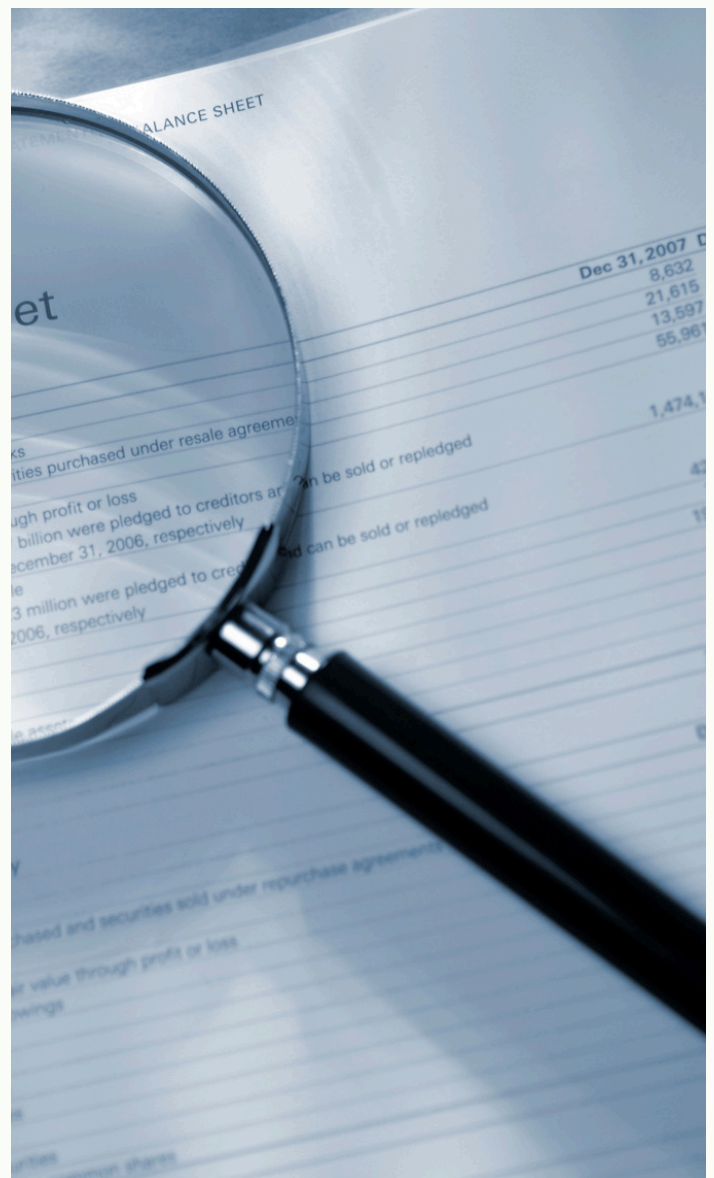
## WHY READ THE REPORT?

The Annual Report can help you:

- Learn more about the work completed during 2025
- Review important developments affecting the plan
- Better understand how your benefits plan is managed
- Stay informed about the Trust's priorities and direction

## READ THE REPORT

The complete [2025 Annual Report](#) is available on the *Benefits of Film* website.



# Think Before You Click

## A CONVINCING EMAIL CAN STILL BE FRAUDULENT

Fraudulent emails are becoming increasingly sophisticated. They may use familiar logos, professional formatting and the names of trusted organizations to make a message appear legitimate.

A recent example appeared to come from Canada Life and claimed that a policy document required an electronic signature. The email used Canada Life and DocuSign branding, included partial account information and warned that failing to respond could delay coverage.

Even when an email looks official, it is important to pause before selecting a link.

## WARNING SIGNS TO WATCH FOR

In the example shared with us:

- The message created urgency by threatening a hold or delay
- The dates in the email were inconsistent
- The recipient was asked to open an unexpected document
- The message directed the recipient to an embedded signature link
- Official-looking policy and security language was used to build trust

Logos, account numbers and professional formatting do not guarantee that a message is genuine.

## BEFORE YOU SELECT A LINK

If you receive an unexpected Canada Life email:

- Do not immediately open the link or attachment
- Access My Canada Life at Work separately through your browser
- Check whether the document or request appears in your account
- Contact Canada Life using a verified telephone number—not the contact information in the suspicious message
- Avoid entering your password, banking information or personal details through an unexpected link

## NOT SURE? VERIFY FIRST.

Taking an extra moment to confirm a message could help protect your personal and benefits information.





SECURE

New message in your secure portal

June 15, 2026

## Action Required: Policy Document Needs Your Signature

Canada Life has sent you a secure document via DocuSign that requires your electronic signature. This correspondence relates to your **Policy Verification & Beneficiary Confirmation** for account ending in \*\*\*\*2847.

## DOCUMENT

Policy Verification — Signature Required

SIGNATURE REQUIRED

| FROM                           | DATE          | ENVELOPE ID     |
|--------------------------------|---------------|-----------------|
| Canada Life<br>Policy Services | June 16, 2026 | CL-2026-DS-8847 |

**Please review and sign by June 15, 2026.** Failure to respond may result in a temporary hold on your policy or delayed processing of your coverage request.

### Review & Sign Document

By selecting **Review & Sign**, you agree to conduct business electronically and consent to the use of electronic signatures under the E-SIGN Act.

Canada Life uses bank-grade encryption for all transmitted documents. Your information is protected using AES-256 encryption standards.

Sincerely,

Canada Life Policy Services

This is an automated message from **Canada Life** via **DocuSign**.

Do not reply directly to this email. For questions, contact your advisor or call 1-800-724-3402.

© 2026 The Canada Life Assurance Company • Privacy • Security • Unsubscribe

## WHAT A FRAUDULENT EMAIL CAN LOOK LIKE

This example shared by Canada Life shows how closely a scam email can imitate a legitimate message. It uses familiar branding, professional formatting and urgent language to encourage the recipient to act quickly. Notice the inconsistent dates and unexpected request to review and sign a document.



# iCBT Has Moved To Teladoc

## CONTINUE ACCESSING ICBT THROUGH THE HEALTH & WELLNESS CENTRE

As of June 1, 2026, internet-delivered cognitive behavioural therapy (iCBT) is no longer available through Consult+.

Members continue to have access at no additional cost through Teladoc myStrength, a digital mental-health platform available in the Health & Wellness Centre.

### WHAT IS ICBT?

Internet-delivered cognitive behavioural therapy, commonly called iCBT, uses structured online activities and techniques to help people recognize and manage unhelpful patterns of

thought and behaviour.

It can provide flexible support for people experiencing mild or moderate anxiety or depression.

### WHAT DOES TELADOC MYSTRENGTH OFFER?

Through myStrength, members can access:

- Clinical assessments and self-paced activities
- Resources for stress, anxiety, depression, sleep, parenting, weight management and other concerns
- Personalized guidance from a Canadian-based coach—not a chatbot
- Feedback and progress reports tailored to individual needs

### HOW TO ACCESS IT

Sign in to My Canada Life at Work and visit the Health & Wellness Centre to access Teladoc myStrength anytime, anywhere.

# Working Outside B.C.?

## YOUR BENEFIT HOURS MAY BE ABLE TO FOLLOW YOU

Taking a production job in another Canadian jurisdiction does not necessarily mean leaving your Benefits of Film hours behind.

IATSE 891 has reciprocal agreements with many Canadian IATSE Locals and DGC District Councils. Depending on the agreement you are working under, health-benefit contributions and eligible hours earned outside B.C. may be transferred back to your Benefits of Film hour bank.

## BEFORE YOU BEGIN

If you will be working in another jurisdiction:

- Let IATSE 891 know where you will be working and for how long
- Ask the host Local or DGC office to note that you are a Local 891 member and want your benefits transferred
- Send copies of your timesheets to IATSE 891 each month

Once the required contributions and records are received, the eligible hours can be credited to your health-benefits hour bank.

## CHECK BEFORE YOU GO

Reciprocal agreements are available with participating organizations in Canada. IATSE 891 does not currently have formal reciprocal agreements with U.S. Locals, so members should contact the Union before assuming their contributions can be transferred.



# We're Now on Social Media

BENEFITS OF FILM IS NOW ON INSTAGRAM AND FACEBOOK.

These new channels give us another way to stay connected with members and share helpful information throughout the year. Whether you are looking for benefit reminders, coverage updates, wellness resources, or helpful tips, our goal is to make information easier to find and easier to understand.



## WHY FOLLOW US?

- Stay informed about benefit updates and plan changes.
- Learn more about the benefits available to you and your family.
- Discover helpful resources, reminders, and wellness information.
- Keep up with new website content, guides, and member information.
- Connect with the Trust in a new and more meaningful way.

## WHAT CAN YOU EXPECT TO SEE?

- Benefit education and awareness posts.
- Coverage reminders and important deadlines.
- News and updates from the Trust.
- Helpful resources and website features.
- Occasional behind-the-scenes insights into the work we do to support members.

We are just getting started and look forward to exploring the world of social media alongside our membership.

## FOLLOW US TODAY:

Instagram: [@benefitsoffilm](#)

Facebook: [Benefits of Film](#)



# So You Want to Be a Trustee

## 2026 SEMINAR RECAP

On September 13, Benefits of Film welcomed members to the second annual “So You Want to Be a Trustee?” seminar at the Pinnacle Hotel Harbourfront in Vancouver.

Held across two sessions, the seminar gave members an opportunity to learn more about how the Trust works, what Trustee service involves and the role Trustees play in supporting the Trust’s long-term direction.

Participants also had the chance to ask questions, hear directly from current Trustees and gain a closer look at the work that happens behind the scenes.

Although 2026 is not an election year, the seminar is intended to be an annual opportunity for members who may be interested in becoming a Trustee in the future—or who simply want to feel more connected with their Trust.

Thank you to everyone who attended and contributed to the conversation. We recognize that some members who intended to join us may have been unable to locate or access the event, and we are sorry for any confusion this caused. The seminar will return next year, and we look forward to welcoming anyone who was unable to attend this time.

