

For a more inclusive workplace

Culturally aligned healthcare



Indigenous Health coverage from Co-operators gives employers the opportunity to support their Diversity, Equity and Inclusion (DEI) strategy and provide culturally responsive care within group benefits plans.

Who is eligible?

All eligible employees and dependants.

What is covered?

Support for traditional healing practices, providing reimbursement for:

- Traditional Indigenous healers and elders
- Fees and supplies associated within Indigenous ceremonies, like sweat lodges, healing circles and smudge kits
- Tobacco, cedar, sage and sweetgrass when used as traditional medicine

These expenses are reimbursed as a taxable benefit. The category can be added to any Personal Spending Account (PSA).

Coverage varies by group size. Only expenses incurred in Canada are accepted. These options complement a provincial health insurance plan and could reimburse certain care and treatments not covered by the public plan.

42.5%

Indigenous peoples are the fastest growing group in Canada, increasing 42.5% between 2006 and 2016.¹

What other support is available?

Additional support is available through Co-operators Virtual Health Care, enabling greater access to care, with virtual appointments for individuals who reside in remote communities.

Mental health support is accessed through the Extended Health Care psychologist benefit.

Internet cognitive behavioural therapy (iCBT) programs.

Virtual healthcare, psychologist and iCBT are optional benefits.



Staying at the forefront of inclusive care.

In addition to Indigenous Health, Co-operators offers more inclusive coverage options that include:



Family Building



Gender Affirmation



Weight Management

These optional coverages can help employers gain a competitive advantage, helping to retain and attract top talent while enabling employees to live happier and healthier lives.

Let's continue building resilient and healthy workforces. Together.

To learn more about how we can support your DEI initiatives, please contact your advisor or a Co-operators Group Benefits account executive.

Only 1%

of Canada's physicians are Indigenous even though Indigenous peoples are 5% of the population.²

Investments. Insurance. Advice.



cooperators.ca | 1-800-667-8164

¹ <https://www.cma.ca/our-focus/indigenous-health>

² <https://www.rcaanc-cirnac.gc.ca/eng/1100100013785/1529102490303>

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