



Tips for a healthier home, workspace and car

Wellness is about more than smart food choices and exercise. It's equally important to focus on the places where we spend the most time: at home, at work and in our cars. Keeping these spaces clean, organized and healthy can dramatically improve your mood, productivity, creativity, and overall well-being. Share these simple tips with your employees so they can feel good about the space they're in!

At home



- Vent appliances properly
- Grow houseplants to help purify the air
- Take off your shoes to avoid spreading dirt and bacteria indoors
- Use lead-free paints, glues, materials, etc., for renovations
- Keep indoor humidity below 50% to prevent mold
- Vacuum often to eliminate dust, dander, dust mites or pollen
- Clean your furnace
- Install carbon monoxide detectors and smoke detectors and test for radon gas

At work



- Eliminate clutter
- Add a plant to help clean the air and improve your mood
- Set up a light therapy lamp if you don't sit near a window
- Put an air purifier on your desk
- Replace your chair with an exercise ball
- Try a standing desk
- Keep your computer monitor at eye level
- Use a keyboard with adjustable angles

In your vehicle



- Avoid air fresheners or deodorizers
- Don't smoke
- Use a damp cloth rather than chemical cleaners on the interior
- Have a garbage bag accessible for trash
- Vacuum to minimize allergies
- Keep some distance from vehicles ahead to avoid pollutants
- Set the air conditioner to use recirculated air
- Open the windows of a new vehicle for 2 to 6 months when VOC¹ levels are highest

Most of us spend about:

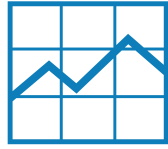


- 50% of our lives inside our homes¹
- 1,700+ hours per year at work²
- an hour per day commuting to and from work³

A healthy, organized environment:



Boosts morale



Increases productivity



Promotes safety



Improves wellness

Over two-thirds of Canadians are making conscious efforts to improve their health.⁴
Over two-thirds of Canadians want to improve their health to prevent future health issues.⁵

In addition to providing Home and Auto insurance, we're committed to sharing tips that help support happy, healthy employees and workplace wellness. To learn about a Co-operators Group Auto* and Home Insurance Program for your employees or members, visit cooperatorsgroupinsurance.ca. Or talk to us today and we'll help you find the right solution for your business needs.

The Co-operators Group Auto and Home Insurance
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† OnHealth: What is a Healthy Home?

1. OnHealth: What is a Healthy Home?

2. Human Resources Director Canada: Hours worked per year – where does Canada rank?

3. Statistics Canada: Commuting to work

4. The Nielson Company: Healthy Habits Make Healthy Canadians

5. The Nielson Company: Healthy Habits Make Healthy Canadians

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