

Mental Health MiniLUCA

BRISBANE

Thursday 24th October 2024

Australian Retirement Trust

Level 28, 266 George Street Brisbane

1:00pm – 7:00pm



AGENDA

1:00 pm

REGISTRATION

Level 28, 266 George Street, Brisbane

1:30 pm

Mental Health Forum panel discussion facilitated by Carmel Twist, ALUCA Board Director

2:30 pm

The intersection of Mental Health and Physical Health

Dr Pramodh Nathaniel, RGA

3:35 pm

AFTERNOON TEA

Networking and connecting

4:05 pm

“Don’t Sweat It”: Supporting Women To Thrive In Midlife

Amy Street, AIA

5:05 pm

Closing Address

Amanda McKernan, ALUCA CEO

5.15 pm

NETWORKING DRINKS

Enjoy canapes and drinks with time to connect with industry colleagues

7:00 pm

END OF FORUM

AGENDA

1.00 pm **REGISTRATION****1.35 pm** **Mental Health Forum panel discussion**

Rebecca Gallagher, Wellbeing Team Manager, AIA,
Matthew Swanson, National Underwriting Manager, TAL,
Rathia Gierdien, Senior Manager Strategic Partnerships, ART
Christine Cupitt, CEO, CALI
Host: Carmel Twist, ALUCA Board Director

The last twelve months have presented many challenges to the Life insurance industry and are continuing to do so in 2024 and beyond. We all have the common goal of playing an important role in safeguarding individuals' financial well-being and we face new challenges relating to Australia's evolving mental health (MH) landscape. MH is a major cause on life insurance disability related claim benefits and impacts many Australians.

This special opening Mental Health panel discussion has been designed to discuss the current industry challenges specific to mental health and how we currently mitigate them, but also look to the future so we can navigate these changes - ensuring risk mitigation that is informed, but compassionate and fair, and to continue to offer meaningful protection for customers who are at the heart of all that we do. They will also touch on how the younger generation of today is impacted as they are our future insurance customers. There will be time for questions and answers.

2.35 pm **The Intersection of Mental and Physical Health**

Dr Pramodh Nathaniel, Chief Medical Officer, RGA

In a time of unprecedented change and societal shifts as seen by the exponential explosion in technology, an increase in mental health challenges, shifting behaviours and want of meaning, organisations need to re-think how they view mental and physical health. For the Life Insurance industry, it's imperative.

In this special session with Dr Pramodh Nathaniel, Chief Medical Officer from RGA, he will explore the evolving understanding of the fascinating relationship that exists between the mind, body and emotions and the complex ways they interact and influence each other. Gain new insights from this important session and learn how our physical and mental health are intertwined and the implications of this for the life insurance area. There will also be time for questions and answers

3.35 pm **AFTERNOON TEA**

4.05 pm **"Don't sweat it.": Supporting women to thrive in midlife**

Amy Street, Wellbeing Consultant, AIA

Women in their forties and fifties can suffer greatly from the symptoms of perimenopause both mentally and physically. On average they leave the workforce seven years earlier than men, impacting industry in terms of lost experience but also affecting women's mental health, earnings, and superannuation. AIA claims data shows that women between 40 and 55 have a significantly higher propensity than men to be diagnosed with musculoskeletal conditions or mood disorders such as anxiety or depression.

In this important closing session, we will cover: The impact of perimenopause and menopause on women's mental health in Australia with insights from claims data showing the impact of menopause on recovery, work participation and claims experience. Calls to action resulting from AIA and the University of Melbourne's Institute for the Future of Business roundtable and the opportunities to support women on claim with early results from AIA's *Embrace Menopause Program*, including lived experience. There will be recommendations for the life insurance industry in opening the conversation and reducing stigma so we can better understand how we can stay ahead of the curve with insights for the life insurance market in Australia.

5.15 pm **NETWORKING DRINKS and CANAPES**

7.00pm **CLOSE**

With thanks to MiniLUCAs Sponsor:



Thank you to MH Roundtable Sponsor

Thank you to MH Roundtable Sponsor