

LEVEL UP 2023

**Level-up Your Mind:
The Game-Changing Benefits of Meditation**



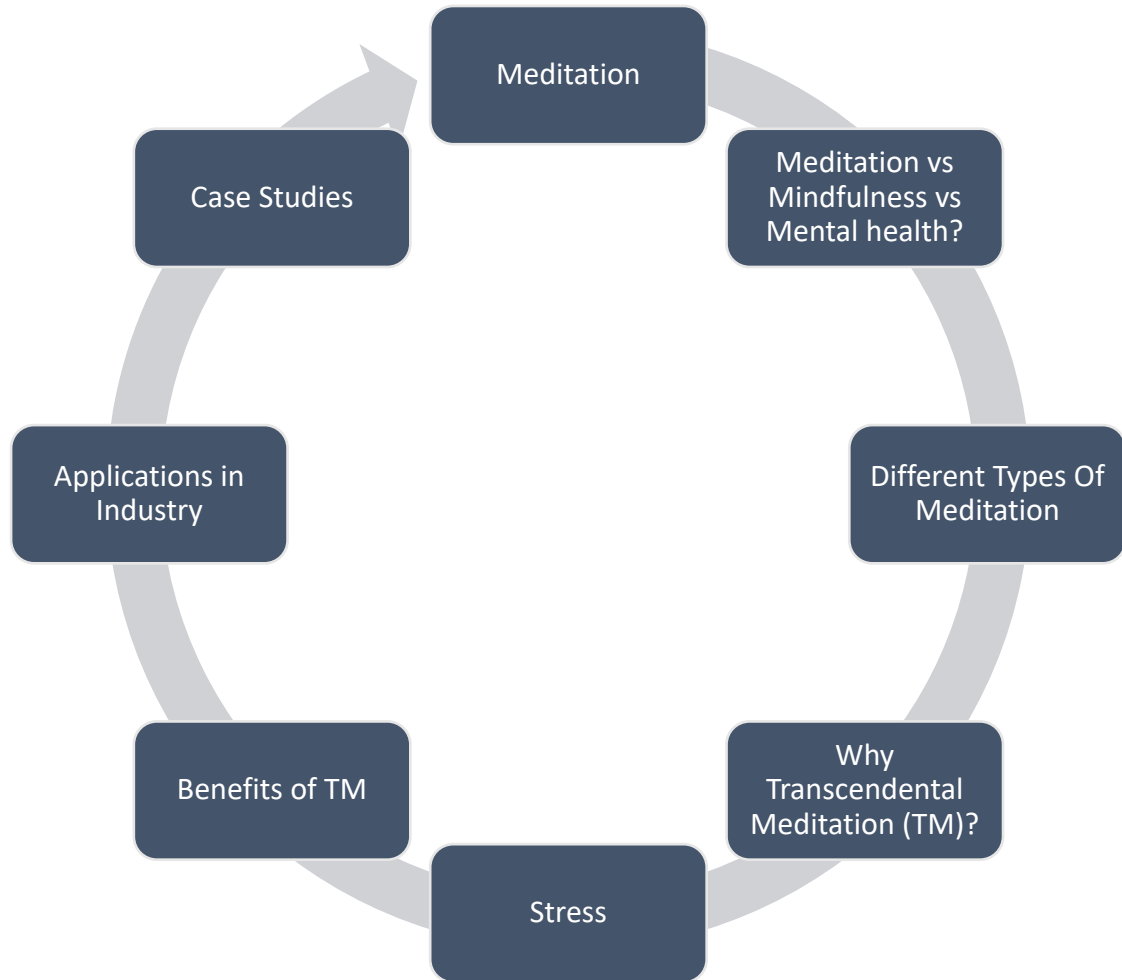
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insight Agenda





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Meditation



▷ **Meditation vs Mindfulness vs Mental Health?**

Meditation vs Mindfulness vs Mental Health?



The internet is flooded with information about the benefits of mindfulness and meditation



The words are often used interchangeably, with little explanation of either



While mindfulness and meditation are interrelated, they are not the same

Meditation vs Mindfulness vs Mental Health?



Meditation

A set of techniques or practices that involve training the mind to focus and redirect thoughts



Mindfulness

Mindfulness is being present in the moment without judgment



Mental Health

A person's overall well-being in terms of their psychological, emotional, and social functioning



Different Types of Meditation

Different types of meditation



Concentrative meditation

Mindfulness meditation
Transcendental Meditation (TM)
Mantra Meditation
Visualization based meditation



Insight Meditation

Vipassana meditation
Choiceless awareness meditation
Open-monitoring meditation



Love Kindness meditation

Metta meditation
Compassion meditation
Tonglen meditation



Movement meditation

Tai Chi
Walking meditation
Qigong

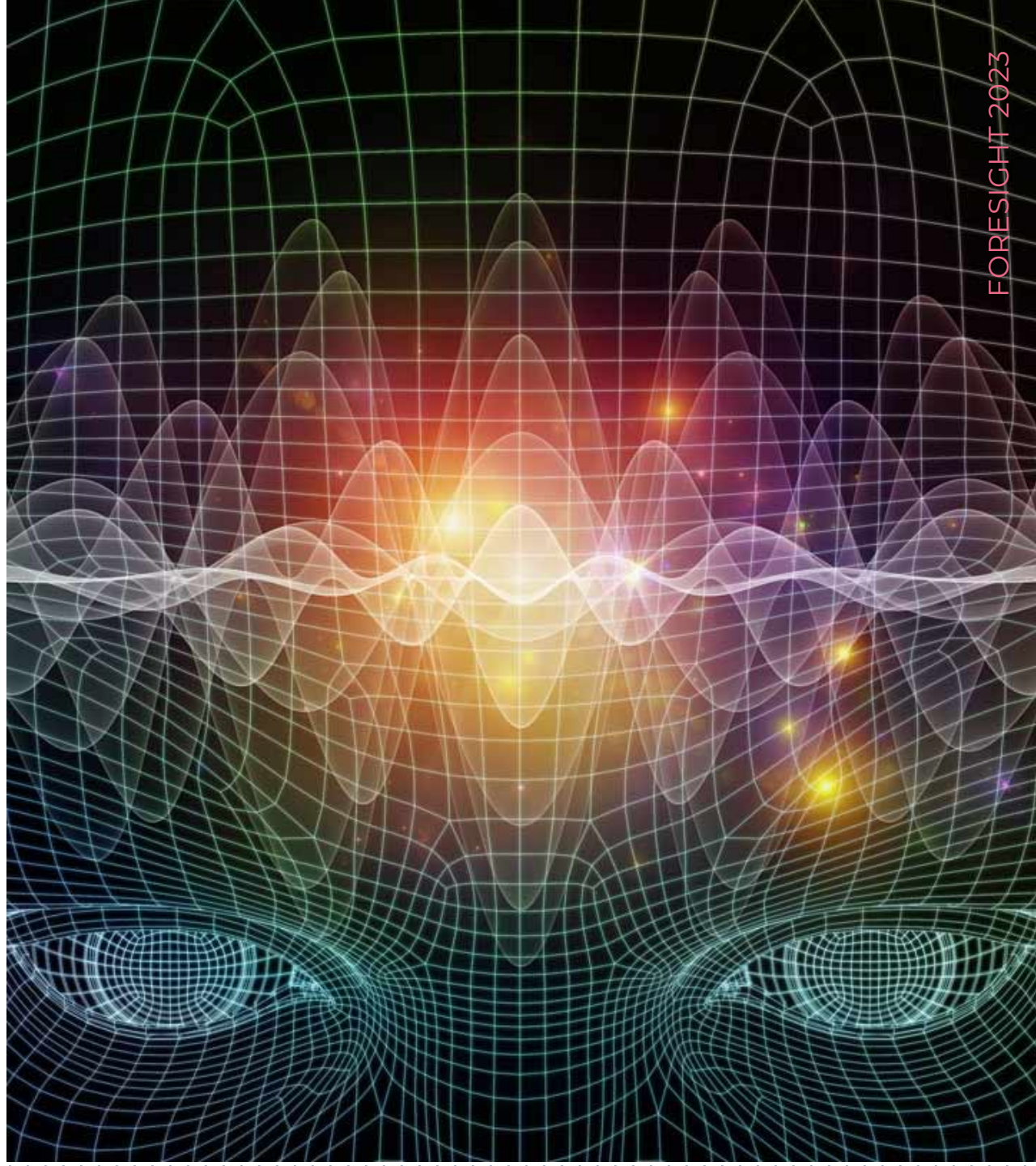


Transcendental Meditation (TM)



Why TM?

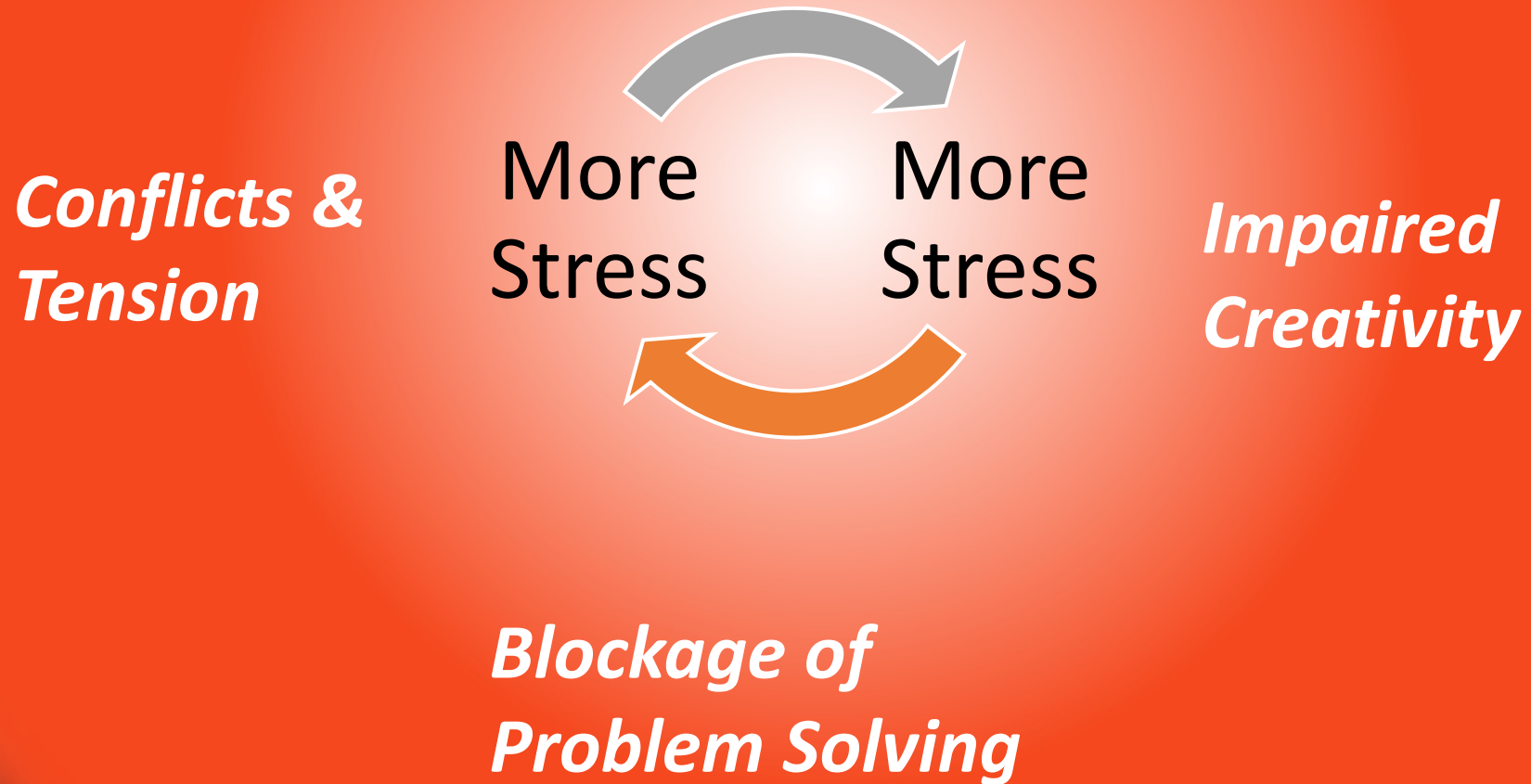
- ❑ Popular technique
- ❑ Simple & easily learned technique
- ❑ Numerous scientific studies
 - ❑ 600 Studies over 250 independent universities & research institutions





Stress

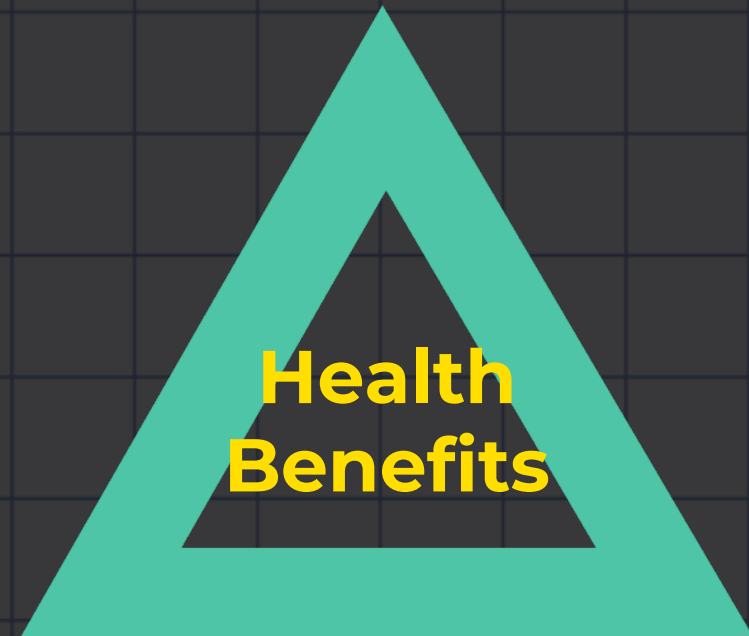
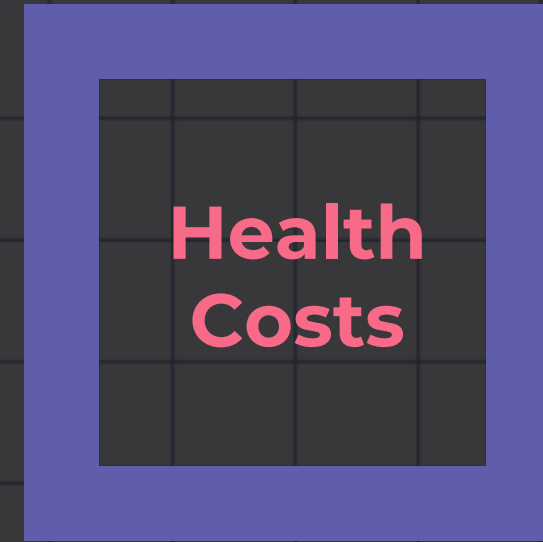
Stress creates a vicious cycle



**TM can help to turn this circle
around**



Benefits of TM



Mortality



Study: Investigate improvement in mortality

From stress-decreasing interventions over the long-term



Considers all-cause and cause – specific mortality

Individuals who had high blood pressure



Stress-decreasing interventions

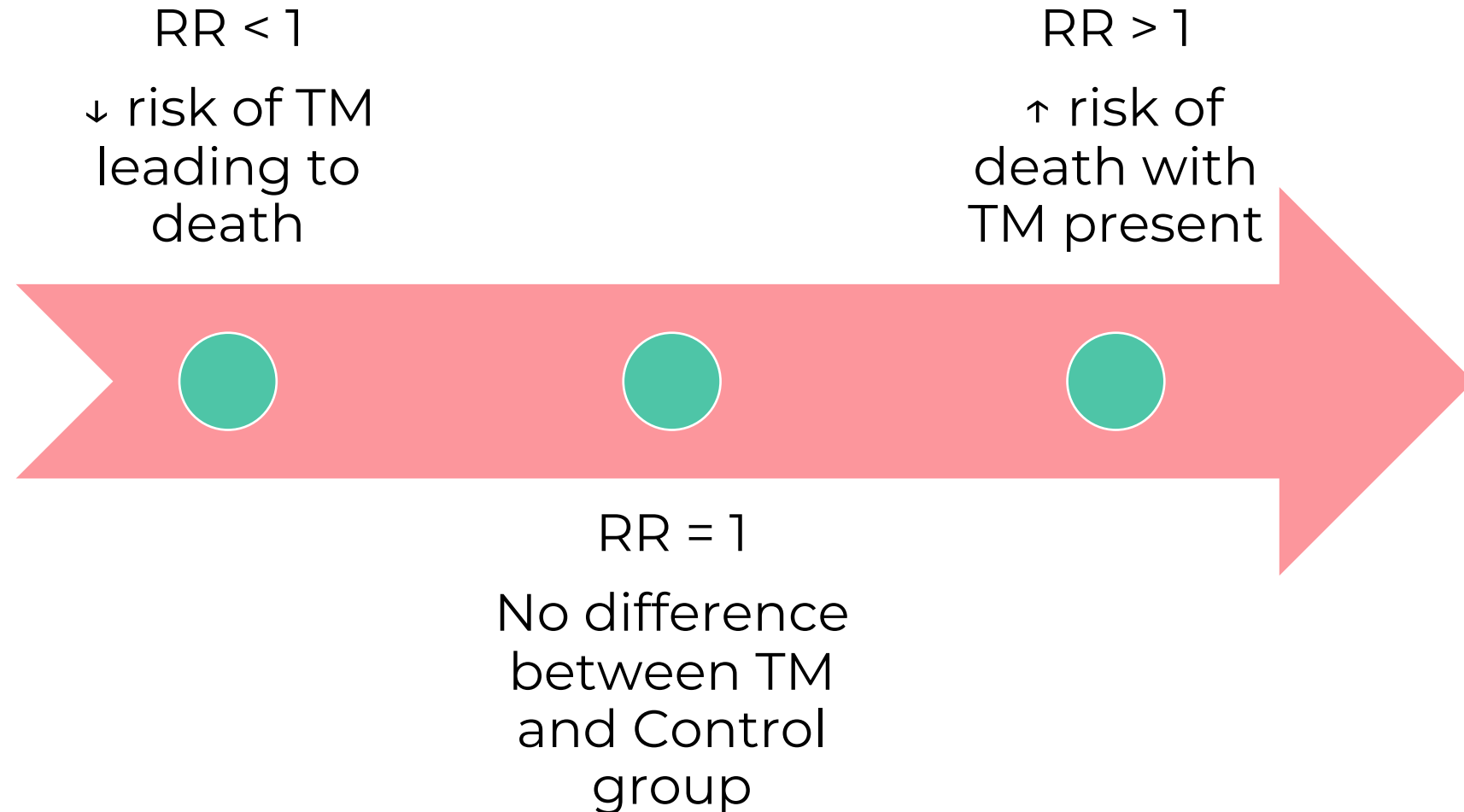
TM

Mindfulness

Mental Relaxation

Mortality

Relative Risk : Measure to assess strength of association between the intervention (TM) and the event (death)

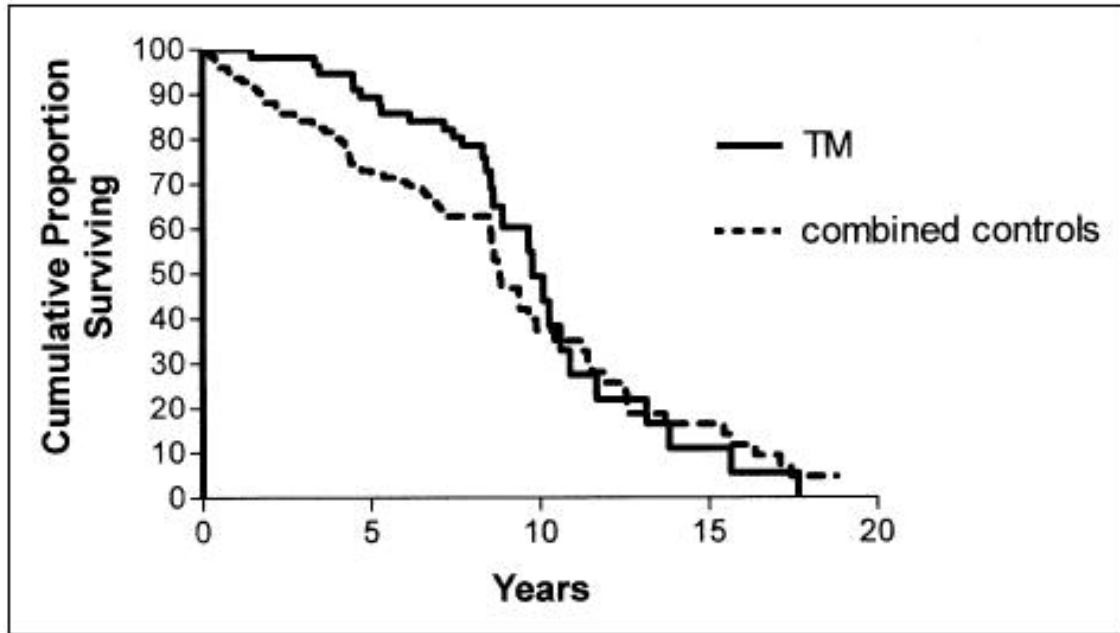


Mortality

✕ Results from Study

Relative Risk		
Cause of Death	Statistical Comparison	RR
All cause	TM vs usual care	0.89
	TM vs other active therapy	0.73
	TM vs combined controls	0.77
Cardiovascular disease	TM vs usual care	0.82
	TM vs other active therapy	0.68
	TM vs combined controls	0.7
Cancer	TM vs usual care	0.65
	TM vs other active therapy	0.44
	TM vs combined controls	0.51

Mortality



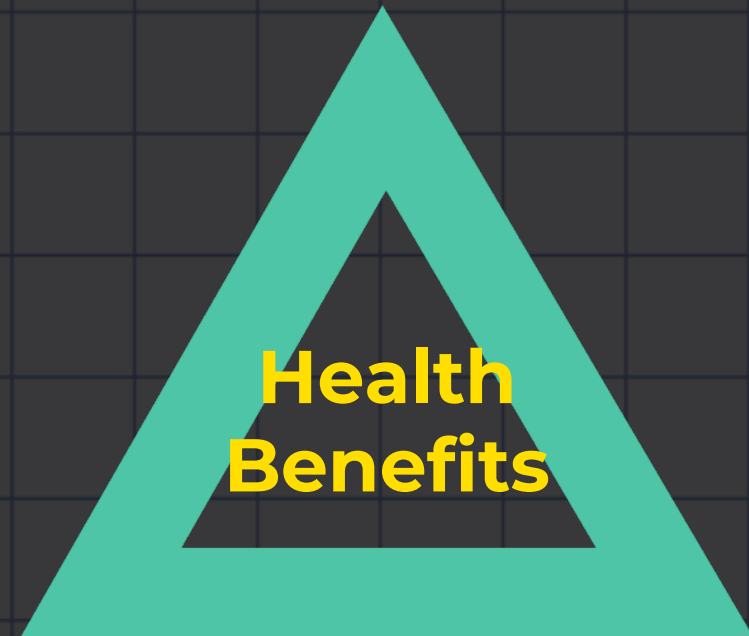
Decrease of stress
with the TM
program → long-
term decreases in
mortality



Survival function

Higher probability of survival
for TM group compared to
the control group

Benefits of TM



Health Benefits

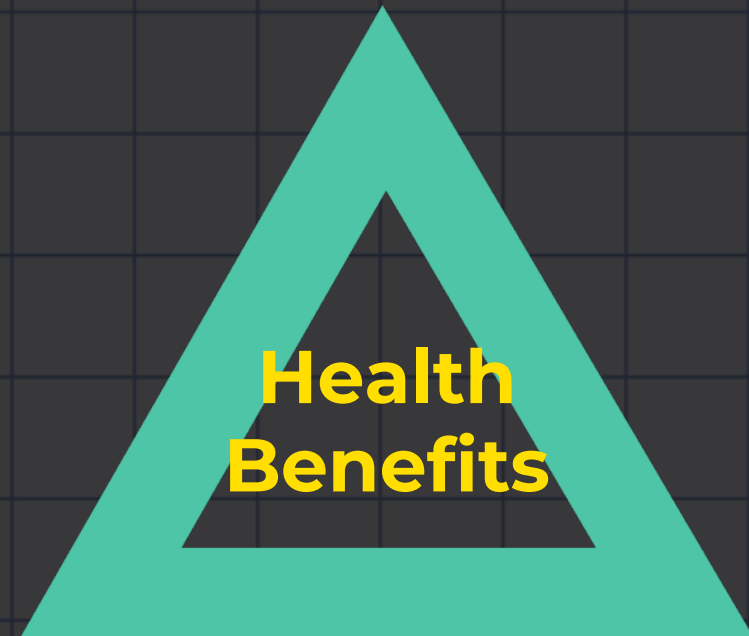
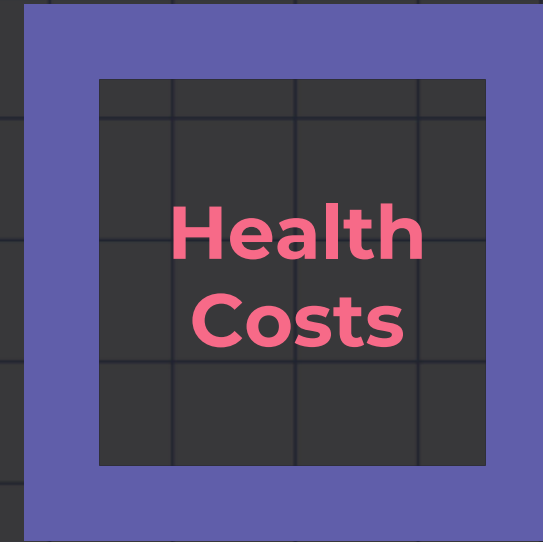
Improves

Aging
Healthy Habits
Energy and Vitality
Mind Body
Co-ordination
Stress
Mental Health
General Health

Cardiovascular System
Respiratory System
Nervous System
Endocrine System
Immune System
Musculo-Skeletal System
Digestive System

Decreased risk in

Benefits of TM



Health Costs



Study : changes in physician costs over 5 years between TM practitioners and non-practitioners



Fees paid by Quebec Health Insurance agency to private physicians



TM group's annual rate of change in payments declined significantly

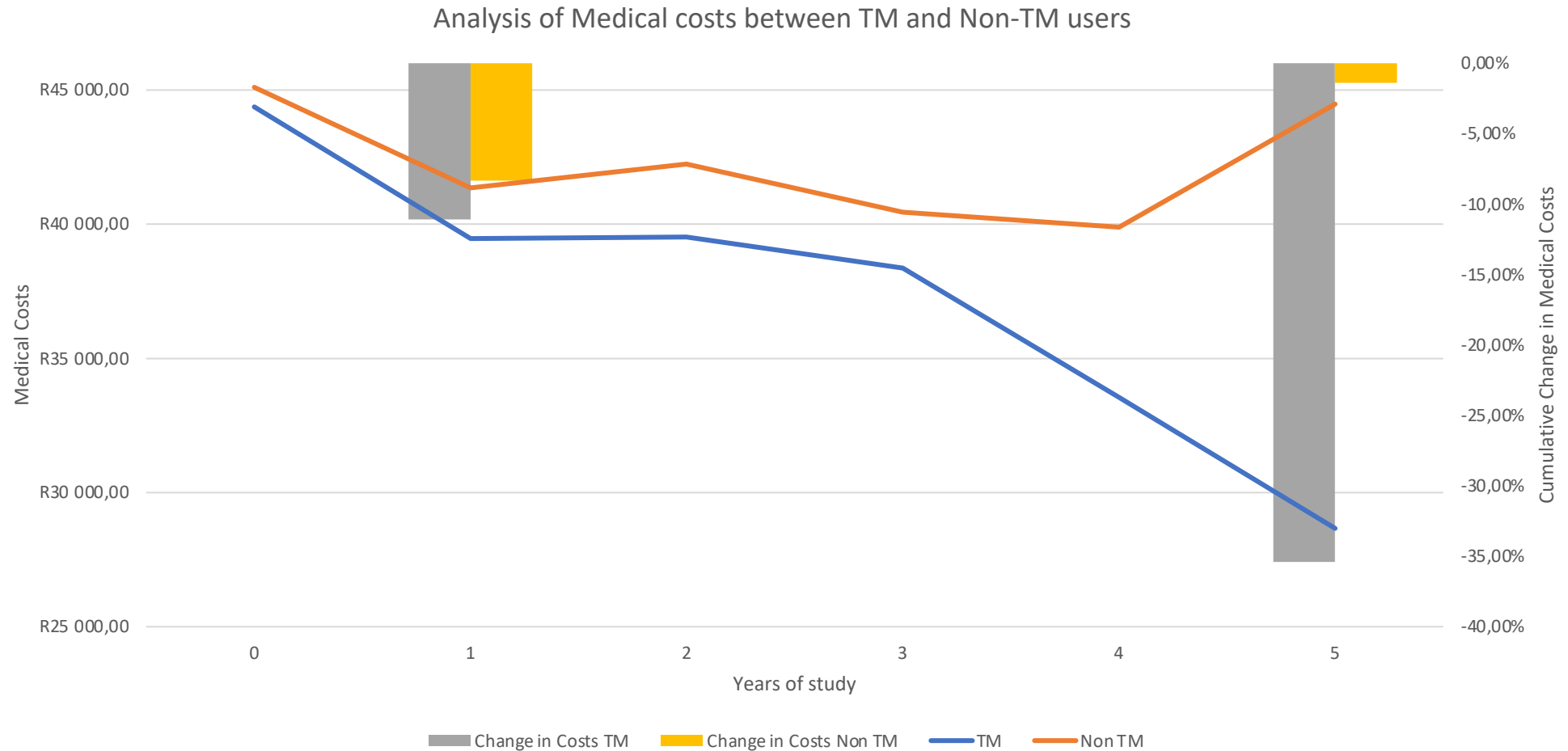


After 1 year TM group's payments decreased 11%, and after five years, their cumulative reduction was 35%

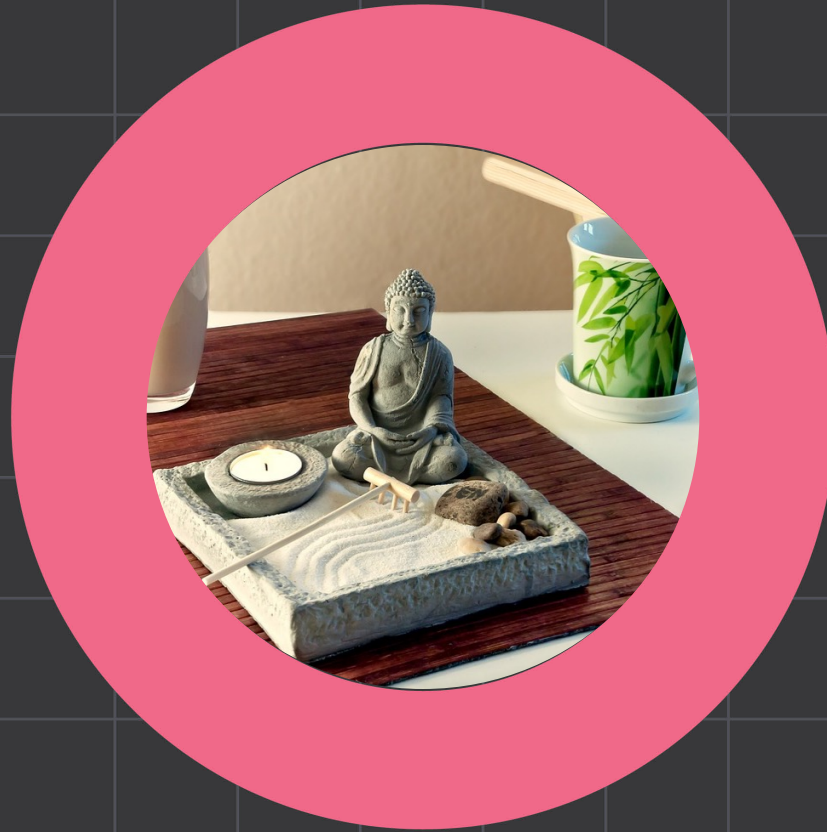


<https://www.medicaleconomists.com/view/transcendental-meditation-reduced-medical-costs>

Health Costs



- Assumptions
 - o Canadian Dollar to Rand Exchange Rate R14.25
 - o Inflation of 6% per year



Applications in Industry

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Applications

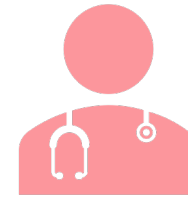
How can life insurers and health insurers/medical aid schemes incorporate meditation?



Incentives



Partnerships



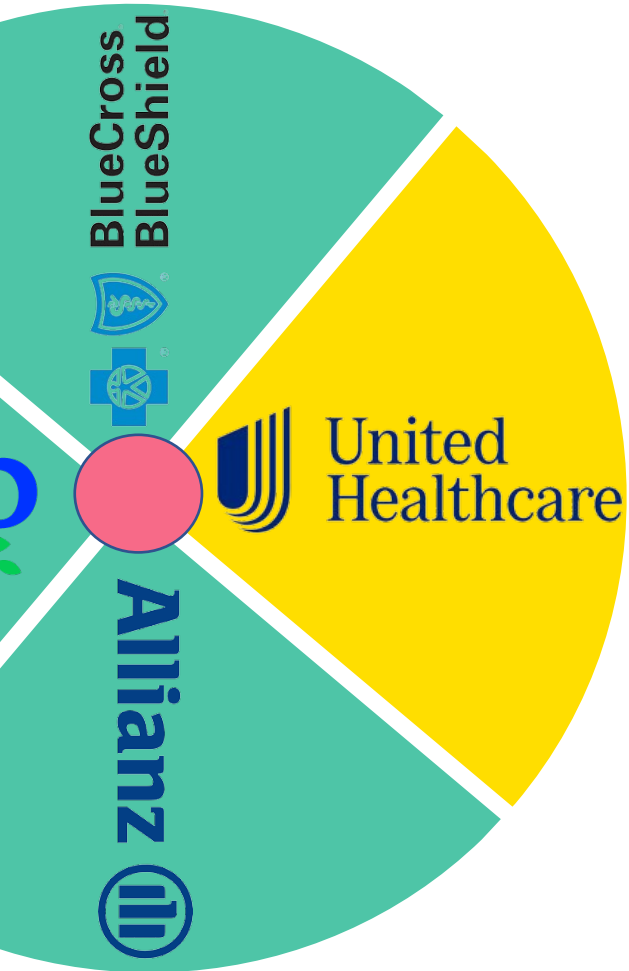
Complementary
therapy



IT'S TIME TO UP YOUR GAME    



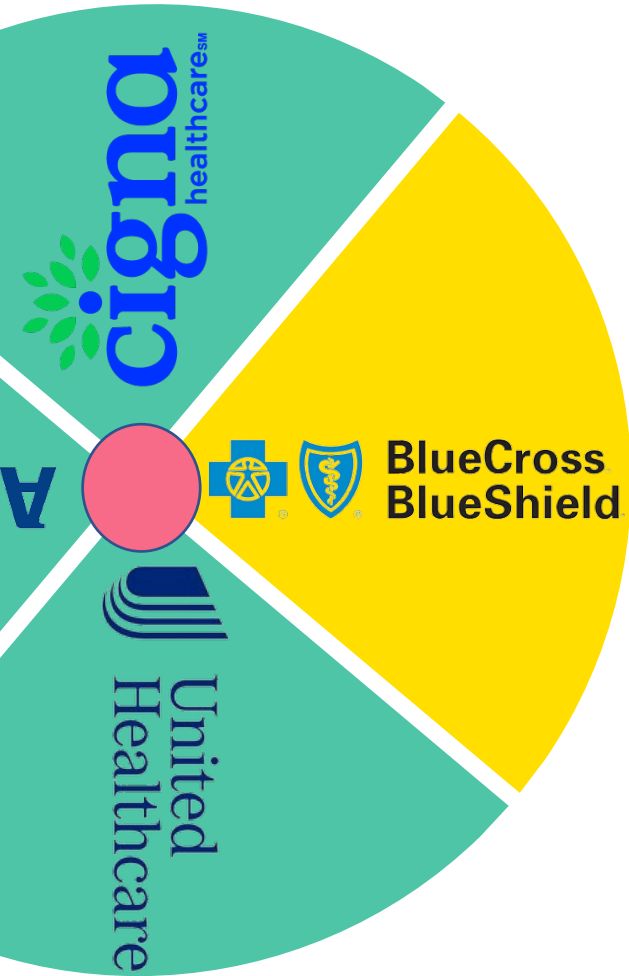
Case Studies



United Healthcare

- One of the largest health insurance companies in the United States
- Meditation app : Calm
- Guided meditation sessions, sleep stories, and other mindfulness resources

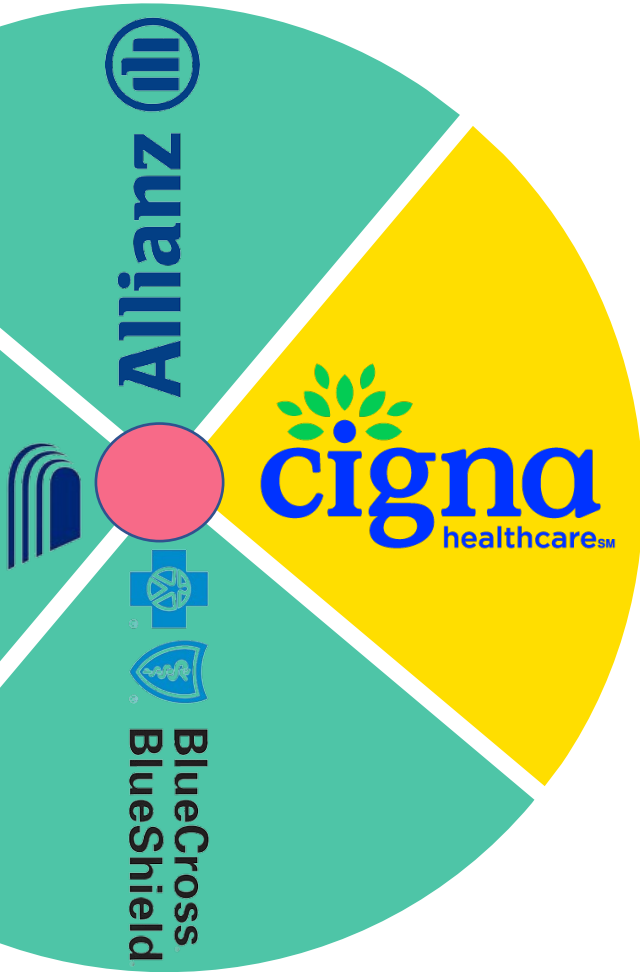
IT'S TIME TO UP YOUR GAME 



Blue Cross Blue Shield,

- Federation of health insurance companies in the United States
- Mindfulness program called Wellvolution

IT'S TIME TO UP YOUR GAME 



Cigna

- Global health insurance company
- Mindfulness-based stress reduction program
- Online resources, meditation sessions, and coaching from mindfulness experts

IT'S TIME TO UP YOUR GAME 



Allianz

- One of the world's largest insurance companies
- Meditation and mindfulness practices as part of its corporate culture
- Meditation sessions, stress reduction programs, and mindfulness training to its employees
- Enhance their focus, productivity, and overall well-being

IT'S TIME TO UP YOUR GAME 

Conclusion



Incorporating Meditation into Your Life

Head space

Insight Timer

TM “tm-za.org”

Binatural Beats YouTube channel



Transforming Lives and Industries

Together, we can innovate to improve individual lives

Transform the healthcare and insurance landscape



Call To Action

Ignite conversations

Explore further research



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The image features a dark gray background with a repeating pattern of light gray geometric shapes: triangles, squares, and circles. Some of these shapes contain an 'X'. Overlaid on this background is a large, thick pink circle. Inside the pink circle, the words "Thank You." are written in a white, bold, sans-serif font, centered horizontally and vertically.

**Thank
You.**