



Greetings

Welcome to the April careers edition of actunews – the special interest newsletter for the actuarial profession. In addition to four articles on our focus topic "Health@work", this newsletter features recent job adverts posted on actupool as well as inspiring video recommendations from our partner platform, actuview.

We want to make reading this newsletter useful and worthwhile for you – please let us know what you liked or disliked and what focus topics could be of interest to you in future editions. Send us an email to contact@actupool.com!

Focus topic



The Actuaries

Health@work

Employees spend a great deal of their time at work – so it's important to design the work environment so that it keeps employees both physically and mentally healthy. In our interview with Carmen Jux, chief company doctor and health and safety officer at ERGO, we find out how important regular exercise is and what workplace health promotion is like for employees in a large company. A study by Deloitte in the article "Making mental health at work a priority" shows how essential mental health in the workplace is and, in fact, how millennials' stress levels increased during the pandemic. In our third article, "Why Sleep Matters," RGA highlights the significance of a good night's sleep and explains the consequences of poor sleep. Most of the working population spends around 40 hours a week sitting at a desk. Back pain, tension and headaches result from sitting for too long and having too little exercise. The article "Sitting@work – workplace interventions to improve health" explains how to bring more movement into the working day.

Career Blog



The Companies

"We need to get more exercise" - Interview with a chief company doctor

In our interview with Carmen Jux, chief company doctor and health and safety officer at ERGO, we find out how important regular exercise is for employees and gain an insight into the tasks of a company doctor and the range of workplace health promotion services offered by a large company.

[Read more](#)

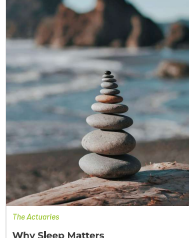


Working Life

Making mental health at work a priority

2020 forced many of us to tackle monumental new challenges while continuing to grapple with long-standing issues, including mental health in the workplace. Indeed, despite rising levels of vaccination in some countries and the reopening of economies, the Deloitte Global 2021 Millennial and Gen Z Survey shows that stress and anxiety levels remain high.

[Read more](#)



The Actuaries

Why Sleep Matters

For centuries, sleep was considered a passive state of absolute repose of the brain. The discovery of rapid eye movement (REM) sleep and non-REM (NREM) sleep made it clear that sleep is an active process that is fundamental for healthy brain function. Nowadays we know that sleep plays a vital role in good health and wellbeing throughout life, and promoting sufficient good quality sleep should become a key focus of the insurance industry. Read the fascinating article by RGA about the importance of sleep..

[Read more](#)

Working Life

Sitting@work - workplace interventions to improve health

We spend a large part of our lives at work and in front of a computer screen. And we continue to sit after work: in the car, on the train or on the sofa. After a long day at work, many people can't bring themselves to exercise. As a result many workers suffer from back pain, tension and headaches. In our article we show how employees can easily and effortlessly integrate more movement into their daily work routine.

[Read more](#)



Top Jobs

	Mathematiker (m/w/d) Bereich Produktentwicklung und Aktuariat 09.04.2022 Stuttgart, Germany	>
	Senior Aktuar / Data Scientist (m/w/d) für das Pricing Aktuariat 09.04.2022 Unterföhring, Germany	>
	Associate Director, Asia Valuation 09.04.2022 Hongkong	>
	Actuary, Pricing, Global Financial Solutions 08.04.2022 Toronto, Canada	>
	Aktuar / Versicherungsmathematiker (m/w/d) 23.01.2022 Frankfurt a.M., Germany	>
	Senior Consultant (m/w/d) für aktuarielle, systemnahe Projekte 08.04.2022 Montebaur, Germany	>
	Mathematiker (m/w/d) für den Transfer von Versicherungsrisiken in den Kapitalmarkt 06.04.2022 Hannover, Germany	>
	Research & Analytics Actuary (d/f/m) 05.04.2022 Cologne, Germany	>
	Executive Director & Actuary, Asset Liability Management 30.03.2022 Chesterfield, United States	>
	Aktuar Pricing P&C (m/w/d) 29.03.2022 Düsseldorf, Germany.	>
	Verantwortlicher Aktuar / Versicherungsmathematische Funktion Komposit (w/m/d) 22.03.2022 Wuppertal, Germany	>
	Life Actuary (f/m/d) 15.03.2022 Hannover, Germany	>




Number of the month



63 published jobs

In the month of March, a total of 63 new actuarial jobs were posted on www.actupool.com. Whether you are a career starter or already have professional experience – you will find the right job for you on actupool.

Video recommendations on actuview

 <p>actupool</p> <p>Digital Mental Health: Emerging Trends and Implications for Insurance</p> <p>Watch video</p>	 <p>actupool</p> <p>Understanding Stress and Building Resilience During Unprecedented times</p> <p>Watch video</p>	 <p>actupool</p> <p>COVID-19 and its impact on Health Expenditure in Japan</p> <p>Watch video</p>
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For Recruiters

Publish your job advert on actupool

Are you looking for new employees? Post your vacancies on actupool and find the perfect candidate. We offer mini packages with good visibility to premium packages with a wide range of benefits for optimum visibility within your target group.

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