

Sun Life Wellness Program

by Dialogue



A personalized and innovative digital Wellness Program

Your well-being matters to us. Whether you want to relax, exercise, or sustain long-term healthy habits, the Wellness Program can help you do that. Get healthy by customizing the content to meet your health and well-being goals! And it's all available through the **my Sun Life mobile app**.

Get started on your journey, no matter what your starting point is today.



Challenge accepted!

Push yourself in monthly running, cycling, and/or walking challenges.

Want to compete with your colleagues? **Connect your fitness tracker** to stay motivated and see where you sit on the leaderboard. Click the Account icon in the top-right corner of the Today screen and select Fitness trackers.



Read, watch, listen, go!

Explore a wide range of videos, audio content, and articles on a variety of wellness topics. Learn how to:

- Sleep better
- Eat healthier
- Reduce stress
- Build resilience
- Manage your finances
- And more



Your journey begins here – how to get started:

1. Sign into the **my Sun Life mobile app**. From the Health tab, hit **Explore health-care services** to access Sun Life Virtual Solutions, by Dialogue.
2. To add a healthy habit, click **+ ADD** in the **Daily Habits** section on the home screen and select the habit you want to work on.
3. Click **Move** to join a fitness challenge or follow a workout video.
4. Click **Mind** to find actionable, guided content that helps you take charge of your mental health.
5. Click **Browse** for wellness articles and other content.

Start moving to feel healthier and happier!

How to get started?

Use the QR code to download and install the **my Sun Life mobile app** on your mobile device.

- To get help on how to register and sign in to the Sun Life app, go to sunlife.ca/support.
- For detailed instructions on how to access your Sun Life Virtual Solutions by Dialogue through the **my Sun Life app**, please refer to the **Registration and user guide**.



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Google Play is a trademark of Google Inc.

For support with Sun Life Virtual Solutions by Dialogue:

- Email sunlife-services@dialogue.co Monday to Friday 8 a.m. to 6 p.m. ET.
- Visit help.dialogue.co/hc/en-ca and use the chat feature, after business hours and on weekends.

For questions regarding your benefits plan, call us at **1-877-786-5433**, Monday to Friday 8 a.m. to 8 p.m. ET.



Small steps toward big change

Break down a major wellness goal into manageable and actionable steps with our science-backed healthy **Habits**.

Keep track of your progress right in the app!

Start your journey today!

sunlife.ca/wellness

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Life's brighter under the sun

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