

Sun Life Wellness Program

by Dialogue

The Wellness Program can help you prevent the onset of chronic conditions and positively affect your own and your family's health. The program includes tools that will help you get on track, build healthy habits, and meet your goals. It is available in the **my Sun Life mobile app**.



Why is being healthy important?

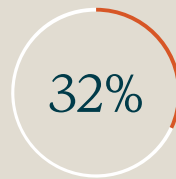
Being in good health is essential to your well-being. By living a healthy lifestyle, you can help prevent chronic diseases and long-term illnesses (diabetes, heart disease, arthritis). According to a survey,¹ Canadian plan members shared that they would like to improve their health and are ready to take actions to make it happen. Here's what they're ready to do:



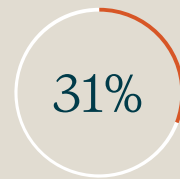
Getting more physical activity



Managing their weight



Eating healthier



Improving their sleep

How to get access to the Wellness Program

You and your immediate family (your spouse and dependent children 14+ years old*) can access the program through the **my Sun Life mobile app**.

1. You'll have access to healthy **Habits, Challenges**, and the content library.
2. Your immediate family has access to healthy **Habits** and the content library, but not the challenges.

If you're an eligible Canada-based plan member, you can be physically located anywhere in the world² to access the wellness services.

*Children under 14 years old are not eligible for this program.

Key Features



Over **700 bilingual content pieces** across video, audio, and articles.



All content is **available 24/7**.



You can **select up to 3 healthy Habits at a time** and can swap them out for a different choice to find what works best for you.



Offers you multiple individual fitness and team challenges to **help you take action**.





Helping you build healthy habits

The collection of healthy habits provides you with the right resources to address real health challenges.

Start making meaningful lifestyle changes now to take control of your well-being!

The program helps you overcome issues such as:

- Stress
- Low mood
- Poor sleep
- Aches and pains
- Physical inactivity
- Weight management

What's in it for you?

Fitness challenges to help you move more

You can join individual and/or team challenges, no matter your health or fitness level.

- You can join as many challenges as you want, as an individual participant.
- You can try to beat your last monthly challenge.

Get motivated and stay motivated!

- Push your limits.
- Share your wins.
- Feel healthier and happier.
- Track your progress by connecting your fitness tracker.

Personalized content available 24/7

You'll find rich and diverse content in one place.

Content is also personalized to your use and interactions:

- Mental wellness/stress management
- Meditation/mindfulness
- Nutrition and recipes
- Workplace wellness
- Low-resistance workouts
- Sleep improvement
- Exercises for beginners
- And much more...

Your journey begins here – how to get started:

1. Sign into the **my Sun Life mobile app**. From the Health tab, click **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 feeling 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 app, go to sunlife.ca/support.
- For detailed instructions on how to access Sun Life Virtual Solutions by Dialogue through the **my Sun Life mobile app**, please refer to the [Registration and user guide](#).



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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.

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¹ Benefits Canada Healthcare Survey 2022

² Except in China, where access to the application might be prevented

Life's brighter under the sun

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies. VC1320 06-26 lj-na

