



Hello <%=name%>,

The winter season will begin soon and flu, seasonal affective disorder (SAD) and the general stress and anxiety of this year can be worrying. At this time, it's important to pay attention to your mental and physical health.

**Your access** to Lumino Health Virtual Care powered by Dialogue can help. You and your family can easily connect with doctors, nurses and mental health professionals from the comfort of your home.

If you haven't already, **sign up today**. That way, you're ready to access Lumino Health Virtual Care when you need it.

[Register now](#)



What you can have evaluated or treated virtually

- Mental health such as stress, anxiety or depression
- Colds and flu
- Conditions such as cough, fever, sinus pain or headaches
- Allergies and asthma
- Minor emergencies, such as conjunctivitis or sinusitis
- And more

On-demand virtual health-care for you and your family



Access to health-care professionals via phone, video, and chat



Dependent family coverage

The service is **available 24/7**, as long as you are within Canada.



We're committed to maintaining the privacy and security of your personal information. Dialogue doesn't share your personal health information with Sun Life or your employer.

Get started by downloading the app from the Apple App Store, Google Play Store or by visiting the website at the link below.

Download the app on:



[Register for Lumino Health Virtual Care](#)

Sincerely,  
  
The team at Sun Life

Life's brighter under the sun

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Sun Life Assurance Company of Canada is the insurer, and is a member of the Sun Life group of companies.

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