



Hello <%=name%>,

This past year has put a focus on our health like never before. And while taking care of your physical health is important, so is taking care of your mental health.

We're here to support your health by providing you ways to improve your emotional and mental well-being. The **access you have** to Lumino Health Virtual Care powered by Dialogue can help, when needed.

Mental health support at your fingertips when needed

- accessible 24/7
- private
- by phone, video, and chat
- from home, work or while commuting

Use my access

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

Many mental health conditions can be evaluated



or treated virtually

- Anxiety
- Stress
- Depression
- Sleep disorders
- Grief
- Family and work challenges
- And more



A wide range of mental health-care professionals is here for you*

- MSWs
- Psychotherapists
- Psychologists

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

*Please refer to your benefits information to confirm which mental health specialists your coverage allows.



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

[Set your preferences](#) | [Contact us](#) | [View our privacy policy](#)

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

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