



## More options for a healthier you

Wondering how your diet affects your mood? Not sure if your home office is set up in a healthy way?

Knowing who to reach out to when you have specific health needs is key.

So take charge of your health! You now have access to **new health specialties** to support your overall wellness. Explore and connect today.



### Mental Health

- Social Worker
- Psychotherapist
- Clinical Counsellor



### Paramedical

- Registered Dietitian
- Occupational Therapist
- Audiologist
- And more

Since everyone's benefit plan is different, be sure to check out what's covered when you are ready to make an appointment.

[Get started](#)



**Health Tip:** As you are exploring, add new providers to your ❤️ My Favourites to quickly come back to them later.

*Why is Sun Life sending you this email? Sun Life wants you to feel your best because helping you live a healthy life is part of our purpose.*

**Life's brighter under the sun**

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