Email 1: Introducing Lumino Health

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| *Those who haven’t done Lumino Health webinar* | *Those who have done Lumino Health webinar* |
| **Subject:** Have you heard of Lumino Health?Prioritizing our health and wellbeing has become more important than ever. We wanted to take this opportunity to let you know about a platform accessible through your benefits plan with Sun Life that may be useful for you.  | **Subject:** Learn more about Lumino HealthWe’re following up on a recent webinar to let you know a little bit more about Lumino Health, a platform that may be useful that is accessible through your benefits plan with Sun Life.  |

Lumino Health is Canada’s largest network of health resources.

With Lumino Health, you can:
 **Find a health-care provider in seconds**Massage therapists, psychologists, physiotherapists and more can be found on Lumino Health. Lumino Health can connect you with providers offering virtual appointments too.

**Get access to discounts on health and wellness products and services in Lumino Resources and Offers**Lumino Health is proud to partner with other Canadian companies creating innovative solutions to help you take the next step on your health journey.
 **Read up on health topics that matter most to you**Visit the [Lumino Health website](https://luminohealth.sunlife.ca/s/?language=en_US) for useful articles and tips from health professionals and organizations on living well.Lumino Health is always available, any time you need it. Start finding a health-care provider or discounts in Lumino Resources and Offers today.

[Sign in now](https://www.sunnet.sunlife.com/mysunlife/signin/deeplink/PPHP_GBC/HEALTH_AND_WELLNESS)
<Sign in now links to Lumino Health Centre on mysunlife.ca>

## Email 2: Mental Health

**Subject line:** Checking in on your mental health

In a recent survey of Canadians conducted by Sun Life, 60% of participants said they are experiencing mental health issues. But of those Canadians, over half (54%) report they have not sought medical support.

The pandemic has been a challenging time for many. We wanted to share some resources from Lumino Health that may be useful right now, including tips on how to [stay socially connected to loved ones while apart](https://luminohealth.sunlife.ca/s/article/Staying-socially-connected-while-apart?language=en_US) and [how to deal with loneliness](https://luminohealth.sunlife.ca/s/article/How-to-recognize-and-overcome-loneliness?language=en_US).

Getting into the habit of [regular mental health check ins](https://luminohealth.sunlife.ca/s/article/The-importance-of-mental-health-check-ins?language=en_US) may be beneficial. You can also visit Lumino Health to find a mental health professional, many of whom are offering virtual appointments right now.

[Sign in to search for an appointment](https://www.sunnet.sunlife.com/mysunlife/signin/deeplink/mobileweb/PPHP_GBC/PROVIDER_SEARCH)
<Sign in links to Lumino Provider Search on mysunlife.ca>

## Email 3: Fitness and Nutrition

**Subject line:** Stay fit and eat well with these tips

Eating well and regular exercise can have a profound impact on how we feel each day.

From [adding movement into your daily routine](https://luminohealth.sunlife.ca/s/article/Creative-ways-to-fit-movement-into-your-day?language=en_US) to making [small changes to your eating habits](https://luminohealth.sunlife.ca/s/article/12-small-ways-to-change-your-eating-habits?language=en_US), there are many little things you can do that can amount to big results.

It’s also possible to make appointments with physiotherapists and dietitians using Lumino Health. Sign in to start searching for one now. <[link to provider search on secure site](https://www.sunnet.sunlife.com/mysunlife/signin/deeplink/mobileweb/PPHP_GBC/PROVIDER_SEARCH)> Lumino Health’s Provider Search tool shows you health-care providers in your area, many of whom are offering virtual appointments.

You can also get discounts <[link to Lumino Resources & Offers on secure site](https://www.sunnet.sunlife.com/mysunlife/signin/deeplink/static/LUMINO_RESOURCES_OFFERS)> on fitness and nutrition apps and services. Lumino Health is always available, any time you need it.

Email 4: Working from home

**Subject line:** Balancing it all under one roof

With many of us continuing to work remotely, we want you to continue to stay healthy and maintain work life balance. We found some useful articles on Lumino Health we wanted to share.

A psychologist has tips for [managing work life balance](https://luminohealth.sunlife.ca/s/article/How-to-find-work-life-balance-when-working-from-home?language=en_US) while working from home. A chiropractor shares what to look for in an [ergonomic workspace](https://luminohealth.sunlife.ca/s/article/Expert-tips-for-an-ergonomic-desk-setup?language=en_US). And for those days when time flies, but you still want to focus on your health, a registered dietitian explains [how to eat healthy when you’re busy](https://luminohealth.sunlife.ca/s/article/Time-saving-ways-to-eat-healthy-when-you-re-busy?language=en_US).

**Looking for a last minute health-care appointment?**
Find virtual and in person appointments with psychologists, physiotherapists, dietitians and more using Lumino Health. Their Provider Search tool allows you to find and book appointments in seconds.

[Sign in to search now](https://www.sunnet.sunlife.com/mysunlife/signin/deeplink/mobileweb/PPHP_GBC/PROVIDER_SEARCH)
<Sign in links to Lumino Provider Search on mysunlife.ca>

Email 5: Resilience

**Subject line:** Staying resilient in challenging times

The pandemic has been a challenging time for many. If you’ve been feeling overwhelmed, you’re not alone. Focusing on things that are in your control can help. We have a resource to share that may be useful.

We encourage you to take a look at this piece on [How to Build Resilience](https://luminohealth.ca/buildresilience) from Lumino Health, created based on practical advice from three psychologists. Whether it’s finding something that makes you happy each day, or allowing yourself to acknowledge your feelings, there are several actionable steps you can take to foster your own resilience.

Learn more at [luminohealth.ca/buildresilience](https://luminohealth.ca/buildresilience)

Email 6: Self-care

**Subject:** Adding self-care to your routine
**Subject (ALT):** How do you practice self-care?

Self-care. It means different things to different people. It can be about [eating well](https://luminohealth.sunlife.ca/s/article/12-small-ways-to-change-your-eating-habits?language=en_US) or [prioritizing a good night’s sleep](https://luminohealth.sunlife.ca/s/article/How-to-quiet-your-mind-for-a-better-sleep?language=en_US). Giving yourself the time and space to clear your brain through [meditation](https://luminohealth.sunlife.ca/s/article/How-to-meditate-for-beginners?language=en_US) or [journaling](https://luminohealth.sunlife.ca/s/article/The-benefits-of-a-gratitude-journal-and-how-to-get-started?language=en_US) are other self-care practices that many find useful. For others, making sure they start their day on a positive note, maybe with a [morning walk](https://luminohealth.sunlife.ca/s/article/The-benefits-of-a-morning-walk?language=en_US), can be the best way to take care of themselves.

We know the last year has been a stressful one. No matter what self-care looks like to you, the important thing is to make sure you are making it a part of your routine.

Self-care may also mean taking care of your overall health, and connecting with the health-care providers you need when you need them. Lumino Health can help you find and book with massage therapists, chiropractors, psychologists and more.

[Sign in to search for an appointment](https://www.sunnet.sunlife.com/mysunlife/signin/deeplink/mobileweb/PPHP_GBC/PROVIDER_SEARCH)
<Sign in links to Lumino Provider Search on mysunlife.ca>

Email 7: Managing anxiety as restrictions lift

**Subject**: Going back to the ‘old’ normal
**Subject (ALT):** Managing anxiety as restrictions lift

Are you feeling hesitant about jumping right back into the way things were before COVID-19?

Maybe you’re wondering why you aren’t feeling more excited about what should be ‘good’ news. You aren’t alone. The prospect of a return to the office or regular social gatherings can cause anxiety for many people.

That’s why we wanted to share [this article](https://luminohealth.sunlife.ca/s/article/Managing-anxiety-as-restrictions-lift?language=en_US) from Lumino Health. It features tips from a psychologist on how to cope with anxiety as restrictions lift, and how to ease back into old routines gradually.

We also know sometimes it’s a listening ear that really makes a difference. Get the support you need using Lumino Health. A quick search will allow you to find mental health professionals near you offering in person and virtual appointments.

[Sign in to search now](https://www.sunnet.sunlife.com/mysunlife/signin/deeplink/mobileweb/PPHP_GBC/PROVIDER_SEARCH)
<Sign in links to Lumino Provider Search on mysunlife.ca>