

Did you know?



In addition to Lumino Health Virtual Care's [standard services](#), you can also consult virtually with one of our allied health specialists. You can conveniently access a psychologist, nutritionist or life coach. Our medical team can determine if a consultation is right for your situation.

Please note that there is a fee to consult with our allied health specialists. Our core services are free.

[Book an appointment](#)

How our specialists can help:



Psychologists

- Guide you on changing your behaviour to improve your health
- Share ways to achieve work/life balance with a busy career
- Get referrals to specialists or labs, as clinically recommended



Nutritionists

- Establish a personalized diet and offer practical lifestyle advice
- Fine-tune your diet if you are experiencing digestive problems



Life Coaches

- Show you how to set and achieve both personal and professional goals
- Give you the skills to make key decisions and design strategies for success
- Support you as you navigate life's challenges

The Lumino Health Virtual Care Experience

- Consultations via phone, video, and text
- For you and your family
- Prescription renewal and refills
- Available 24 hours a day, 7 days a week
- Specialist referrals and lab requests
- Privacy and security



Download the app on [Google Play](#) or the [App Store](#).

Lumino
Health

 **Sun Life**

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. EH-9005-E-11/20 lj-cc