

Did you know?

With Lumino Health Virtual Care, powered by Dialogue, you can also consult virtually with one of our allied health specialists. You can conveniently access a psychologist, nutritionist or life coach. Dialogue's Care Team can determine if a consultation is right for your situation.

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

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.**



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 08-21 mw-dm



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