

Stress Management and Well-Being,

powered by Dialogue



An innovative health and wellness solution for your organization



Mental health issues are on the rise. Lumino Health Virtual Care's Stress Management and Well-Being program is here to help you and your plan members.

Here's what makes this program so great for you and your plan members:



Plan members receive unlimited therapy sessions until remission at a low/fixed rate per member per month. No out-of-pocket cost to the plan member or their eligible dependents.



Access to a care team that includes psychologists, psychotherapists, social workers, doctors, nurses, and medical specialists 24/7.



Industry's lowest wait times to consult with a therapist (within 24 hours instead of days or weeks).



Virtual consultations conducted at the time and location most convenient for members (no commute time!).



Medical information forwarded to the plan member's family doctor upon request to ensure that services complement care already being provided elsewhere.



Follow-up appointments on each and every call made through to the service. Ensures continuity of care.

The Stress Management and Well-Being program can help break through many of the barriers Canadians face when it comes to getting mental health treatment.



A premium mental health program with proven impact



27%
of Canadian employees report experiencing **high to extreme stress levels** on a daily basis¹

If investments in mental health have increased, why are employees **still struggling**?



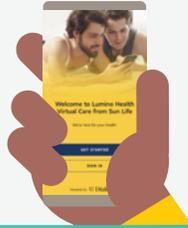
Mental health is the **fastest growing** reason for LTD claims.²

27%
increase in mental health disability claims

Dialogue's **proactive and preventive program** helps to curb costs and break down barriers to needed support.

¹ Statistics Canada
² Sun Life research

Noemi is feeling irritable, she's worrying a lot. She's only sleeping a few hours a night. She's having difficulty completing tasks at work and at home.



She remembers she has access to stress and wellness support through the Lumino Health Virtual Care mobile app.



Noemi decides to use the Stress Management and Well-Being service to get help.



Using the mobile app, she answers a few questions about how she's feeling. She's then connected to a Mental Health Specialist, virtually.

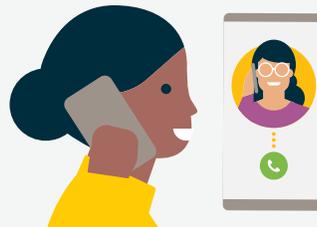
After meeting with a healthcare professional, Noemi receives a diagnosis of general anxiety disorder and depression.



The Mental Health Specialist connects her with a medical doctor and a therapist.



She starts treatment and therapy sessions to improve her well-being.



The regular treatment and therapy help her feel less stressed and anxious.

Noemi feels much better than she did a few months ago. And knows she can use her virtual care services whenever she needs them.



Proactive approach to break down barriers



Proactive
**approach and
stress screening**
for early detection



24/7 support
and preventive
coaching



Webinars
to educate
employees and
managers



Wellness &
resilience tips to
boost mental
well-being

Accessible, unlimited treatment to keep employees actively engaged

- **Case management to coordinate and create accountability for care**
- **Prescriptions (as needed) to help manage symptoms**

Case Manager

- Psychologists, Psychotherapists, Therapists
- Doctors
- Mental Health Specialists

A program that drives positive outcomes and offers a complete, personalized, and preventive solution.

100%

of patients
with symptom
improvements

~50%

average PHQ-9³
score improvement

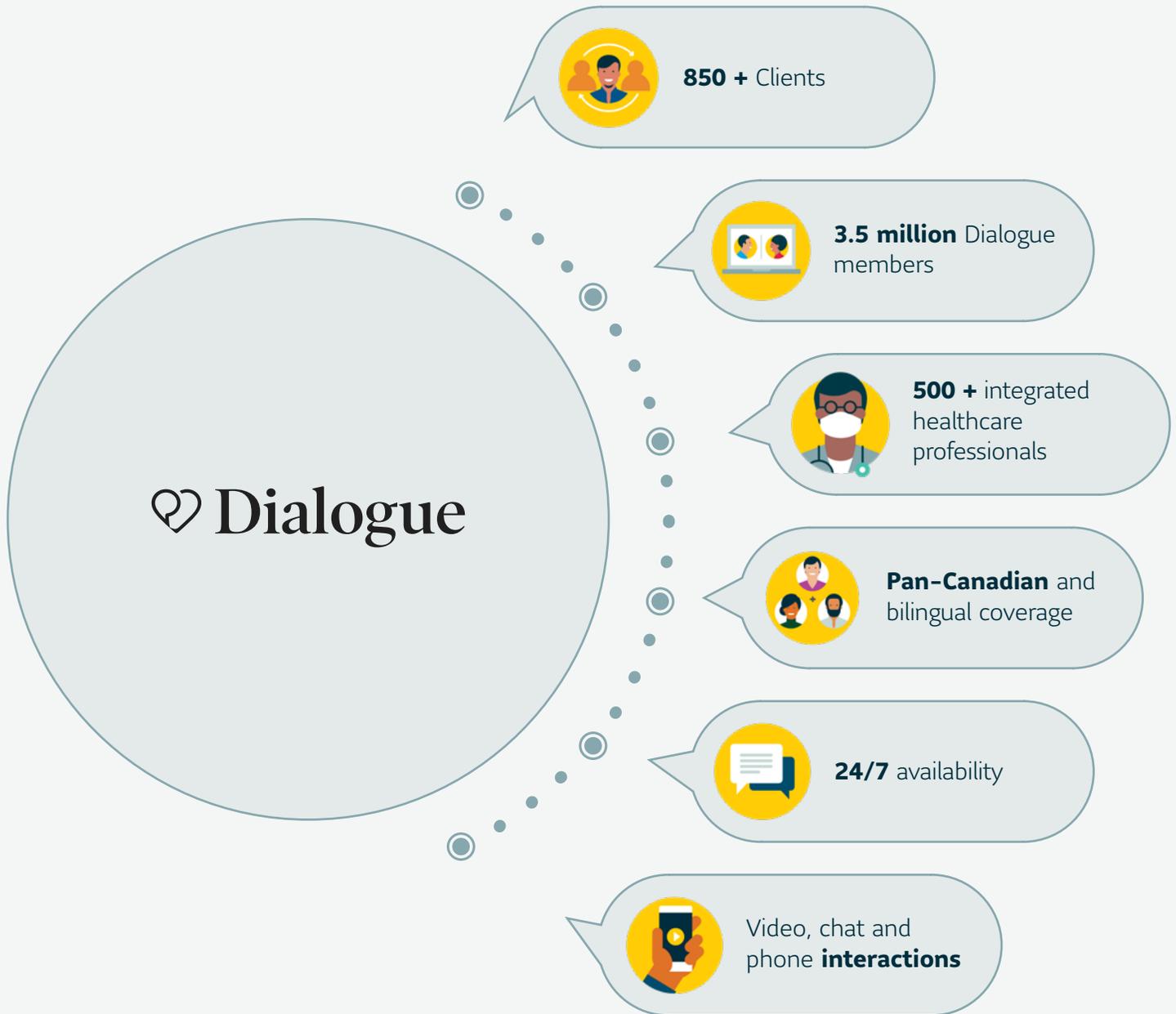
Contact your Sun Life Group Benefits representative to learn more.



³ Patient Health Questionnaire-9 (PHQ-9) is a questionnaire to measure depression

More About Dialogue

Dialogue's team is comprised of nurses, nurse practitioners, physicians, care coordinators, and allied health professionals. This diverse team allows us to treat the widest scope of cases possible. Furthermore, Dialogue's in-house healthcare team helps deliver true continuity of care, which is optimal for long-term patient outcomes. With Dialogue, employers can rest assured their valuable talent is receiving premium healthcare.



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. VC-9578 10-22 ry-mp

