



Supporting Women’s Health

There’s expert, confidential help at your fingertips.

Lumino Health Virtual Care, provided by Dialogue*



Lumino Health Virtual Care can help resolve any concerns that don’t require a physical exam. It plays an essential role in responding to women’s unique health needs during all life stages, from puberty and reproduction to menopause. You will be virtually connected with health-care practitioners that meet your needs.

Some of the ways this program can help

Women¹ and families navigating various life stages have access to care, counselling, educational resources, and referrals for areas of concerns such as:

Reproductive and sexual health

- contraceptive counselling and prescription, including emergency contraception
- Human papillomavirus (HPV) infection counselling and vaccination prescription
- puberty care
- menstrual and sexual health
- gender-affirmation care

Parenthood

- preliminary investigations of fertility
- initial pregnancy care and postpartum care
- breastfeeding support

Preventive care

- Counselling and referrals for cervical cancer screening, mammography, and other age-related screenings

Menopause transition

- Consultation, within a week, with Dialogue’s health-care practitioners who received additional training focused on menopause
- Personalized care plan with comprehensive symptom management, guidance, resources, and education:
 - » Various treatment paths to address symptoms, including non-hormonal options and, if appropriate, Menopause Hormone Therapy (MHT) prescription/renewal
 - » Proactive follow-ups to monitor progress as needed
 - » Coaching and navigation

With Lumino Health Virtual Care, you get:

- 24/7 in-app access anywhere in Canada
- Assessments within minutes
- Appointments within 24 hours
- 100% follow-up after each consultation
- Unlimited number of concerns
- Dedicated Dialogue’s in-house team
- Educational resources developed by a multidisciplinary team of clinical experts

How to connect

You and your eligible dependents can easily access the service through the Lumino Health Virtual Care mobile app or website 24/7.

Learn more about Lumino Health Virtual Care by visiting sunlife.ca/luminovc.

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¹ While we refer to women, we are inclusive of all gender identities that may be uniquely or disproportionately affected by these health issues or topics.