

# Women's health-specific concerns?

There's expert, confidential help at your fingertips.

Lumino Health Virtual Care Stress Management and Well-Being, provided by Dialogue\*

Depression and mental health issues are more prevalent among women<sup>1</sup> than men.<sup>2</sup> Claims data shows that 40% of women's long-term disability claims are for mental health disorders, compared with 30% for men.<sup>3</sup> In fact, many women experience specific forms of stress and anxiety due to hormonal changes at every stage of their lives. They also struggle with multiple caregiving roles and the stress of reproductive health issues.

With the Stress Management and Well-Being service, you'll get access to mental health treatment and support, without the worry of out-of-pocket cost for this service. In addition to the physical health support provided through the Primary Care service, women and families navigating various life stages also have access to educational resources, mental health support and referrals for various areas of concern, including:



## Medical and psychological treatment of common mood changes and mental health disorders, such as:

- Premenstrual syndrome and premenstrual dysphoric disorder
- Mood disorders in members who are trying to conceive
- Mood disorders during pregnancy, baby blues, postpartum depression
- Mood disorders associated with menopause transition
- Mental health support for members with gender dysphoria
- Mental health support for members diagnosed with or undergoing screening for breast or other cancers
- Grief counselling for infertility, miscarriage, and following pregnancy termination



## Coaching for balancing stress due to work, life and caregiving responsibilities, such as childcare and elder care.



## Crisis management and referral for sexual assault, domestic violence and trauma support.

Confidential support and resources for women who are experiencing intimate partner violence, sexual harassment or other forms of abuse.



## The program breaks down barriers by providing:

- free and unlimited access until remission,
- early access to quality, evidence-based mental health treatment,
- appointments within 24 hours, and
- personalized virtual consultation via mobile or web.

## How to connect

You and your eligible dependents age 14+ can easily connect to the Stress Management and Well-Being service through the Lumino Health Virtual Care mobile app or website 24/7.

Learn more about Stress Management and Well-Being by visiting [sunlife.ca/stressmanagement](https://sunlife.ca/stressmanagement).

\* Dialogue is a wholly-owned subsidiary of Sun Life Assurance Company of Canada operating as a stand-alone entity.

<sup>1</sup> 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.

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4478054/>

<sup>3</sup> <https://www.sunlife.ca/content/dam/sunlife/regional/canada/documents/gb/the-gender-health-gap-its-impact-on-working-women-in-Canada-mc1047.pdf>