

Understanding My Coverage



January 14, 2021

Find the answers to your health questions in Lumino Health Guides

We recognize that everyone experiences health events differently. No matter where you are in your health journey, you'll want to access the right resources at the right time. We'll help you get there.

Lumino Health Guides

There's a lot of health information online, and it can be hard to find what you actually need. That's why Lumino Health, an innovation from Sun Life, introduced Lumino Health Guides. Learn from experts across Canada as you read articles, watch videos and explore resources. Anyone can access these Health Guides on LuminoHealth.ca. You can also access them through the Sun Life secured site when you click on the Lumino Health content.

Currently, there are many topics to discover, including:

- Healthy Eating Guide – Nutrition and healthy eating tips
- Healthy at Home Guide – Maintaining a healthy lifestyle at home
- Stress and Anxiety Guide – Tips and support for navigating challenging times
- Caregiver Guide – Caring for older adults
- Virtual Care Guide – Making the most of your digital care options

Lumino Health will continue to publish more topics throughout 2021. Check back often.