

Understanding My Coverage



Help on your way to better health

It's been a challenging year for Canadians, and we know that it's taken a toll on mental health. We've attached links to two articles that might help you, a family member or a friend in need.

First, here's a brand new [Emotional Wellness Guide](#) available from Lumino Health. This is the newest in a series of guides that provide an easy starting point to help you get on track, and stay on track, to better health.

Each guide provides focused health information, including tips and recommendations, which you can share with friends and family, too.

This free Emotional Wellness Guide covers:

- Emotions 101
- Tools for emotional wellness
- Finding the right support

Building resilience

Second, through a year that has posed a series of unique challenges, building resilience is more important than ever. That's why Lumino Health created the article [How to build resilience](#), providing coping strategies from mental health professionals.

Please share these with your family and friends – and encourage them to share, too

You can share these links to the [Emotional Wellness Guide](#) and the [How to build resilience article](#). The guide is available on [LuminoHealth.ca](#), too. You can get the whole series of guides by signing in to [mysunlife.ca](#) and selecting [Lumino Health Centre](#).

Questions? We're here to help.

Please call us at 1-800-361-6212, Monday to Friday, 8 a.m. to 8 p.m. ET.