



# Sun Life Real Health Solutions

powered by Lumino Health

## Health and wellness solutions and support – at every stage of the employee health journey

Health and wellness shouldn't be exclusive or unattainable. Yet, that's what it's become for many. Some of us are where we want to be, but some of us are focusing on improving our health. Some of us face health setbacks that we didn't anticipate. Throughout our lives, we can move along this continuum.

We want to keep health and wellness real for everyone, regardless of where they are on their health journey.

Sun Life Real Health, powered by Lumino Health, is a complete suite of health and wellness products and solutions that support your employees on their personal health journey. Whether your employees are:



**looking to maintain  
and elevate their  
health**



**managing a health  
condition or at risk  
of a health condition**



**recovering and  
looking to return to  
work after an absence**

We have solutions to support all aspects of your plan and all your employees.



# Solutions for every health stage

We offer a wide range of products and industry-leading service innovations that help everyone get the most from their benefits.



## Healthy & at work

We empower Canadians to make better – and more cost-effective – decisions about their health. We give them access to health-care providers, products and services to manage and maintain their health and wellness. They can access these online, right from the **my Sun Life mobile app** or **mysunlife.ca**. Through the Lumino Health Centre, plan members have access to Canada's largest network of health resources. Plan members can connect with local and virtual health-care providers, find relevant health and wellness content and learn about the latest health innovations.



## Experiencing symptoms

You may have employees at risk of developing a health condition, or who already have a health condition and they need additional support. Solutions such as Mental Health Navigator, Lumino Health Virtual Care, RightDirections™ Employee Assistance Program and our Preferred Pharmacy Network close the gaps in access to care. Our goal is to get your employees back to a state of well-being and prevent disability leave.



## Recovering

Our disability management toolkit contains a wealth of resources to help employees on disability get the treatment they need, including those with complex recoveries. These resources can help employees recover faster and get back to a state of wellbeing.

We've designed every solution to move the needle on health. Our evidence-based solutions drive real health outcomes while supporting plan sustainability.

Talk to us – or your advisor or consultant – about the ways that Sun Life Real Health can support the health of your employees.

## 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. MC-9256-E 02-21 lj-cc

