

Exciting changes coming soon – enhanced Wellness Centre launch!

Get ready – plan member health engagement is taking a huge leap forward with the upcoming launch of our enhanced online Wellness Centre.

The Wellness Centre is being completely redesigned to be a one-stop health and wellness resource for plan members within the mysunlife.ca secure site. A quick link from the secure home page will take plan members to a clean and easy-to-navigate webpage which will feature several new tools, including:

- A new robust and comprehensive **Health Risk Assessment (HRA)** which will give plan members an immediate assessment of their health status – mental, physical and financial – plus an action plan based on their results to help them make meaningful improvements in their risk areas.
- **Customizable health content and information.** By answering a few quick questions about their health interests, plan members will be able to customize what type of articles they will see in the Wellness Centre. Plan members will be able to update their preferences at any time.

Sharing the news with your employees

We've provided a [Wellness Centre teaser announcement](#) with important information for plan members – and we encourage you to pass it on and raise awareness of the coming launch. Please note that the announcement also reminds plan members to print their current HRA and Personal Health Record information, as it will not be transferred to the new tool.

We'll also be notifying you when the Wellness Centre launches and providing you with a launch notice for you to share with your plan Members.

Additional support through Health Risk Assessment campaigns

We can also support you if you choose to take your health strategy to the next level through an HRA campaign. The HRA campaign provides you with full guidance and support from our Integrated Health Solutions team. This includes planning and implementation, communications and promotions, incentive strategy and consultation. Most importantly, the HRA campaign includes aggregate reporting that provides you with a detailed picture of organizational employee health. This can be a critical tool for informing your next steps and actions in wellness programming.

Questions?

Contact your Sun Life Financial group benefits representative.

About Sun Life Integrated Health Solutions

The Integrated Health Solutions team offers complete support to address employee physical, mental and financial health needs. We look at the bigger picture, making the connections between health and your client's business, so they can focus on their most important needs and priorities. Through a strategic approach to health and absences, and a comprehensive service offering to support organizational and employee health, we can help your clients meet the needs of today and build a healthier future.