

Understanding My Coverage



April 13, 2020

Pick your channel of choice – get the information you need

It's easy to submit a claim and find details about your plan. You can use the **my Sun Life mobile app**, **mysunlife.ca** and Alexa¹ (via Amazon).

Looking for information about your plan

Use the **my Sun Life mobile app**, visit **mysunlife.ca** or **Ask Alexa**² to:

- Get coverage details and remaining balances
- Find status details about recently submitted claims

How you can submit claims

- **my Sun Life mobile app** is the quickest way to submit claims. Download the app if you haven't already. Learn how at **sunlife.ca/mobile**.
- sign in to **mysunlife.ca** to submit claims

Make sure to keep a copy of your receipt. We may ask you to send it to us, which you can do on the **my Sun Life mobile app**.

Also, don't forget to visit [Lumino Health](#). Caring for your physical and mental health during this time of uncertainty is important. You can find information and resources to help you take care of you and your family.

Questions?

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

¹ Amazon, Alexa and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

² Available features depend on your plan, policy or contract.