

Take charge of your health

At Sun Life, we're committed to helping our Clients achieve lifetime financial security and live healthier lives. That's why we've created Lumino Health, our online health network where you can:

- Find discounts on health products and services
- Book with health-care providers
- Stay informed with tips from the experts



Health discounts

Find great discounts on innovative products and services in Lumino Resources and Offers. Your health goals are within reach.

KITS

Find a huge range of contact lenses, glasses, and sunglasses styles, with fast shipping and easy returns.

Discount: Get two pairs of KITS glasses for \$100 or get \$100 off any glasses purchase.



Canada's online destination for health, wellness, baby & beauty, with a focus on green & natural products.

Discount: Save 10% on select healthy living products.



Get customized mental health support through therapist-guided programs live or by secure text.

Discount: Savings start at \$135.

Health content

From meal planning to stress management, we interview experts across Canada to bring you health tips that make a difference.



Explore categories like family health, fitness & lifestyle, and more.



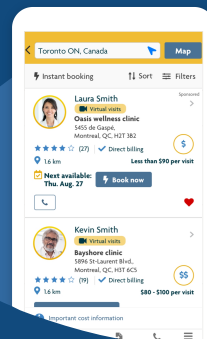
Keep up with the latest by subscribing to the weekly newsletter.

Health appointments

Find and book appointments with **over 150,000** health professionals, some offering virtual visit options. Filters allow more detailed searches based on cost and ratings.

Find these health-care providers and more in seconds:

- Family doctors
- Mental health professionals
- Dentists
- Physiotherapists
- Registered Dietitians
- ...and more



Take one step toward better health. [Register for mysunlife.ca](https://mysunlife.ca) today.



Lumino
Health