

# Lumino Health Virtual Care's Stress Management and Well-Being Program, *powered by Dialogue*



Are you feeling stressed, easily irritable, or having trouble concentrating?

**27%** of Canadian employees report experiencing high to extreme stress levels on a daily basis.



We care about your health

We understand that stress affects everyone differently and there are many causes. Lumino Health Virtual Care now offers a brand new service that provides you with stress and wellness support **at your fingertips**.



What can I expect?

In the Lumino Health Virtual Care app, you'll be asked to complete an 8-question stress questionnaire. Based on your results, if a preventive intervention is recommended, you will be taken through a process, tailored to you, to help reduce stress and increase your wellness. If no specific intervention is recommended, you will receive information on how to maintain and improve your well-being.

## What does this service provide?

Dialogue's Care Team takes a proactive approach that allows us to detect any signs of elevated stress and other related conditions. We encourage everyone to do this evaluation, as often as you feel it's needed. You'll be able to see how you're feeling currently.

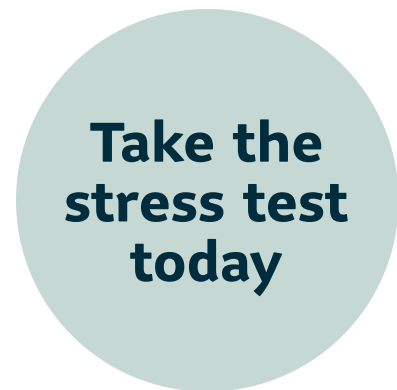
You have access to a dedicated care team and resources to help you be healthier and happier. This includes:

- Stress questionnaire and your well-being score
- Personalized, holistic, and coordinated care
- Access to stress management and well-being resources



## 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. VC-9332-E 04-21 ry-mp



We hope this is a positive experience for you and, as a reminder, everything is 100% confidential.

