

Understanding My Coverage



Introducing a new video to help you manage your financial and mental health

We know that financial difficulty is a huge source of stress, which can lead to anxiety and depression. So we've launched a new [video](#), titled *Managing disruptions: Impacts on your well-being*, to help you:

- prioritize your self-care,
- track your financial needs,
- reach out for the support you need, and
- make use of the tools and resources available to manage your mental and financial health.

This [video](#) will also help you become more familiar with the support systems available to you and your family. This includes:

- [Lumino Health Centre](#) on [mysunlife.ca](#)
- [Lumino Health Provider Search](#)
- Access to financial and mental health professionals

Visit [mysunlife.ca](#) to check your coverage details.

Support when you need it most

We developed this video to provide you with the support you need, when you need it most. You can view it in [English](#) or [French](#), any time and from anywhere. You can also view it as often as you'd like.

Questions?

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