



In this guide you'll find how to set up your [mysunlife.ca](https://mysunlife.ca) and **my Sun Life mobile app** account.

# Let's register online

It's the easiest way to take care of your workplace retirement savings plan.



Life's brighter under the sun

Group Retirement Services are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies.

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## Download the my Sun Life mobile app

The easiest way to sign up is to download the **my Sun Life mobile app** and register using the same email address you gave your employer. Once you have entered it, check for a confirmation email. If we have your email on file, you'll just need to choose your password and verification questions. That's it! If we don't have your email on file, you can use your banking information to verify your identity.



## How to register online

### 01. Register for a sign-in/access ID and password

Go to [mysunlife.ca](https://mysunlife.ca) and click on **Register** to create an account.

Register using the same email address you gave your employer. Once you have entered it, check for a confirmation email. If we have your email on file, you'll just need to choose your password and verification questions.

That's it! If we don't have your email on file, you can use your banking information to verify your identity.

### 02. Paperless preferences

Tell us how you would like to receive your Sun Life documents.

### 03. You're all set!

Click **Continue** to complete registration.

### 04. Signing in

Go to [mysunlife.ca](https://mysunlife.ca), enter your sign-in ID and password and select **Sign in**.

## We're here to help

### Fast, mobile support

Download the **my Sun Life mobile app** on Google Play or the Apple App Store.

### Visit us online

Head to [sunlife.ca/contact-us](https://sunlife.ca/contact-us).

And sign in to [mysunlife.ca](https://mysunlife.ca) for tools, articles and videos. Chat with us online for additional support.