What type of claim are you trying to submit?

Health and dental claim
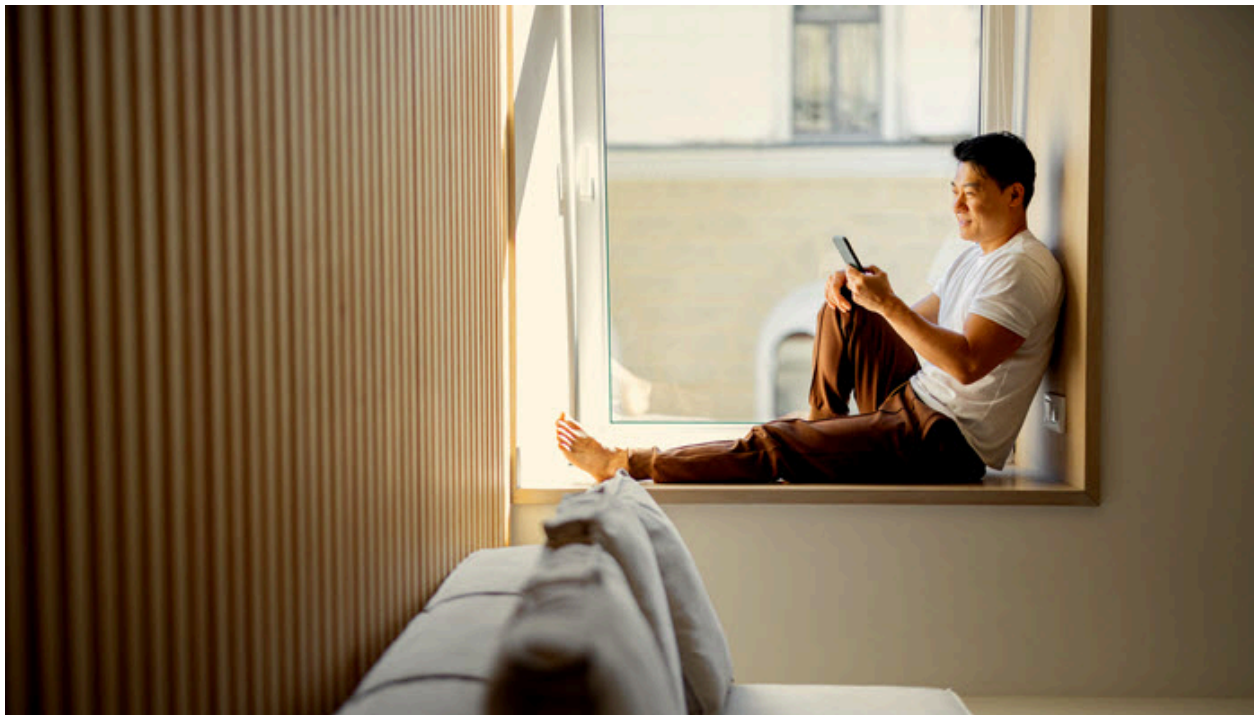
Life insurance claim

Critical illness insurance claim

Disability insurance claim

Accidental death claim

Long-term care claim

Get the Sun Life mobile app

With the mobile app, you can submit claims, check coverage, manage and view your investments and insurance anytime, anywhere. You can get help faster by calling us from within the app.
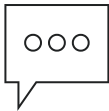

Need to get in touch with us?

Looking for something else?

Get step-by-step instructions to solve common support problems.

Get help ⊙

Chat online

Chat with us from Mon to Fri 9 a.m. - 5:30 p.m. ET. Sign in, go to Contact Us, then choose a workplace plan type to find the chat.

Sign in to chat online ↗

Call us

Call 1-877-786-5433 to speak to us from Mon to Fri 8 a.m. - 8 p.m. ET.

Find more contact options ⊙

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Life's brighter under the sun

We acknowledge that Sun Life operates in many Territories and Treaties across Canada. Our Canadian headquarters in Waterloo are on the traditional territory of the Anishnaabeg, Haudenosaunee Confederacy and the Mississaugas of the Credit First Nations.

Today, Canada is still the home to many Indigenous, First Nations, Inuit, and Metis peoples from all across Turtle Island. We are grateful to have the opportunity to work in this territory. We offer this acknowledgment as a stepping stone towards honouring the original occupants, as a testimony to the oppression faced by Indigenous peoples, and our commitment to Indigenous communities and employees of Sun Life.

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