



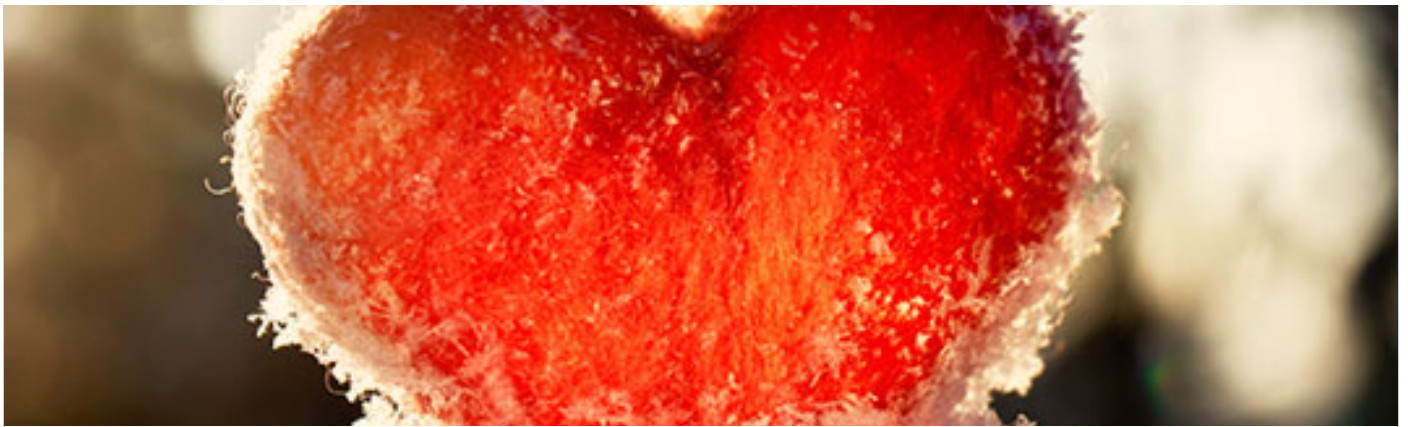
Understanding life insurance

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December 16, 2024

20 must-know terms to boost your financial literacy

Watch a series of videos that explains insurance, savings and investment terms – simply.



November 28, 2024

Donate to a good cause and save on taxes

Did you know that there are tax strategies for maximizing your tax credits on donations? The more you give, the less tax you pay! It's a great way to motivate you to give even more generously to the causes you care about.



October 22, 2024

9 questions about life insurance you're afraid to ask

What does life insurance cover – and not cover? Who can get life insurance – and who can't? You've got questions, we've got answers. Get your game plan to protect what matters.



September 11, 2024

Temporary insurance: What is it and how does it work?

Need life insurance coverage right away? Temporary life insurance can provide coverage until your life insurance is approved. Here's how it works.



August 20, 2024

Is term life insurance right for you?

Seeking affordable financial protection for a specific period to secure the future of those who rely on you? Term life insurance might be the answer.



August 20, 2024

Is permanent life insurance right for you?

Looking for financial protection for the people who depend on you that will last as long as you live? Permanent life insurance might be the answer.



July 30, 2024

What is cash value in life insurance, and how does it work?

Did you know that some life insurance policies have a cash value? You may be able to provide protection for your loved ones, and access this money. Learn more about cash value in life insurance and how it works.



July 05, 2024

How much does a funeral cost?

What does the average funeral cost in Canada? See an example of funeral costs and services, and how to pay for it.



June 28, 2024

Do you need life insurance if you're wealthy?

Even for the most affluent individuals, life insurance can be an important part of financial planning. It can be used to help grow, preserve, and transfer wealth.

< 1 2 3 4 5 6 >

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Tools & calculators



Life insurance calculator

Calculate how much life insurance you might need to help protect the people you love if you die.

[Life insurance calculator](#) ↗



Life expectancy calculator

Use this calculator to estimate how long you might live and to see what you can do to live a longer, healthier life – now and in retirement.

[Life expectancy calculator](#) ↗



Net worth calculator

Use this calculator to find out how your net worth – the difference between what you own (your assets) and what you owe (your liabilities) compares to other Canadians.

[Net worth calculator](#) >

Related products

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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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