



We have a game plan for your life.

Sun Life is the Proud Partner of the Toronto Raptors.



Proud Life Insurance Partner

Proud Health and Wellness Partner

We know that winning strategies matter on and off the court. We've got the winning solutions for your insurance and health needs.

Sun Life makes it easier to plan for your life.



I want a game plan to protect my future

Protect what matters

Not sure where to start? Start here. Get the play-by-play on the who, why, what and when of life insurance.

What's life insurance? What does it cover, and when's the right time to get it? You've got questions, we've got answers.

[Get answers >](#)



I want a game plan to get healthier

Be a fan of your health

Here's your personal game plan drawn up by the Toronto Raptors health experts. Get the play-by-play to healthy eating, routine-building and mindfulness tools.

[Go to Sun Life Healthy You](#) 



I am living with diabetes and want a game plan to protect my loved ones

Introducing Sun Life Term Insurance for Diabetes

Life insurance for Canadians living with diabetes – offering a higher chance of approval, affordable premiums, and diabetes management resources.

Get peace of mind knowing your loved ones are protected.

[Learn more >](#)

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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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