



## Welcome to your Diabetes Support Hub

Take charge of your diabetes with these helpful guidelines, expert tips and special resources. Also, explore how term life coverage for diabetes can safeguard your family's future.

### **Term Insurance for Diabetes**

Personalized support for Canadians living with diabetes

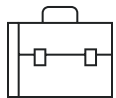


## Sun Life Term Insurance for Diabetes

Looking for peace of mind? We're introducing a first-of-its-kind life insurance product tailor-made for you.

- Higher chance of approval
- Affordable premiums as low as \$3/day\*\*
- For Type 1, 2, gestational or pre-diabetes

[Explore term insurance for diabetes](#)



## Diabetes Care Program

Find out more about personalized support\* for Sun Life members. Part of Lumino Health™ Pharmacy and provided by Pillway.

- Access a professional support team
- Get a tailored plan
- Build healthy habits that last

[Get started](#) 

## Tips, insights & resources

We understand that daily life with diabetes takes research and planning. Our experts are here to help.



## Can you reverse type 2 diabetes?

There is no cure for type 2 diabetes. But it is possible for some people to put it into remission. Here's what you need to know.



## Type 1 and 2 diabetes: What's the difference?

Type 1 and type 2 diabetes are not the same. Here's what you need to know.



## 5 tips for home workouts

Looking to build a new routine? Here's how to get started.



## Type 2 diabetes in children: How to reduce the risks

Type 2 diabetes is now affecting more children. But it's possible to prevent this disease.

[See more tips](#) 



# Delicious diabetes-friendly recipes

Healthy, tasty and best of all, perfect for diabetes. Get ready to delight your tastebuds.

- [Basil-ginger turkey lettuce wraps with spicy slaw](#)
- [Sweet potato hummus](#)
- [Apple-maple-cinnamon overnight soaked oats](#)
- [Butter-"less" chicken with coconut-turmeric rice](#)

[See more recipes](#)

**PROUD SUPPORTER OF**  
**DIABETES**  
**CANADA**

## Sun Life x Diabetes Canada

We're partnering with Diabetes Canada to help our Clients live healthier lives. The partnership will provide Sun Life Clients with access to evidence-based information from experts, plus webinars, articles, classes and more!

## Articles:

- [How to manage stress and diabetes](#)
- [Kickstart a healthy diabetes management routine](#)
- [Diabetes management: medications, blood sugar, and your feet!](#)

[Find out more about our partnership with Diabetes Canada](#) ➤



## Our commitment to better health

In 2023, we surpassed more than \$50 million in our philanthropic commitment to the global fight against diabetes, which affects approximately 537 million people worldwide.<sup>1</sup> Sun Life aims to help slow the advance and related complications of type 2 diabetes by boosting the health and wellness of our Clients, Employees and the community.

<sup>1</sup> International Diabetes Federation

[Learn about our commitment](#) ➤

\*Access to the Diabetes Care Program will be made available to eligible Clients. By participating in the Diabetes Care Program, you agree to the Official Terms and Conditions. Please review the [PDF](#) **Official Terms and Conditions** carefully before participating in the Diabetes Care Program.

\*\*For a 45-year-old non-smoker with a 150% rating due to diabetes, a 10-year term policy with \$500,000 coverage for a male would cost \$71.78/month and female would cost \$48.83/month. The pricing is as of

Nov 2024 and subject to change.

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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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