



Managing your money

All

Managing your money

Saving for retirement

Investing basics

Understanding life insurance

Understanding health insurance

Help for homeowners

Planning your travel



January 23, 2025

How to balance saving for a home and retirement

Great news for Canadians! New programs are addressing the housing crisis, making homeownership more accessible. With smart planning, can you balance buying a home with your retirement goals too?



January 14, 2025

3 guaranteed investment products you need to know about

Thanks to good nutrition and medical advances, Canadians are living longer than ever before. But will our savings last as long as we do?



December 30, 2024

8 things to do before you become a landlord

Whether you're renting out space for profit or to help cover your mortgage, these tips will help reduce your stress and increase your chances of financial success.



December 09, 2024

Your guide to holiday money management

Unwrap the gift of financial wisdom this holiday season and keep your wallet merry and bright with these money management tips.



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.



November 14, 2024

6 reasons you need a TFSA when you're retired

Discover how a Tax-Free Savings Account (TFSA) can maximize your retirement income and tax efficiency. Explore the key benefits of this powerful financial tool.



November 12, 2024

When's a good time to start collecting your CPP/QPP and OAS benefits?

You can start collecting your CPP/QPP and OAS benefits in your early 60s. But is it better to hold off for another few years? Here's what to keep in mind before you tap into these pensions.



November 05, 2024

A 4-step guide to saving for your first home

It may seem challenging to save enough for a down payment on your first home. But with a solid plan it can be done.



October 29, 2024

Are medical expenses tax deductible in Canada?

Did you know you can claim a portion of your family's health expenses and your health insurance premiums on your tax return? Here's how it works.

< 1 2 3 4 5 ... 23 >

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Life insurance calculator

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

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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](#) >

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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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