



Workplace benefits



Protection for you and your family

Your employee benefits plan is a valuable asset for you and your family. It can pay a variety of health benefits, provide important insurance coverage and offer programs to enhance your well-being. Sun Life offers a wide range of products and services that deliver the benefits you need.

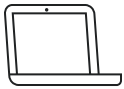
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Download the my Sun Life Mobile app

Submit claims, view coverage details, check balances, make contributions or use your smartphone as your drug and travel card with the my Sun Life mobile app.

[Download our app](#) >



Register for my Sun Life online

If you already have a workplace or personal plan with Sun Life, you can register online for my Sun Life.

Available features depend on your account, contract or policy.

[Register now](#) 

Changing jobs or retiring? We have options to replace your group benefits.

Leaving your job doesn't mean you need to leave your benefits behind. Stay protected with affordable health and dental insurance coverage through Sun Life. You may be eligible to replace your coverage with our Choices plan. This could include:

- Health and dental insurance
- Critical illness insurance
- Life insurance

[Learn more about Choices and other coverage options](#) >

Getting started



Flex benefits: What are they and how do they work?

From vision and dental care to other eligible medical expenses, if you have a flexible benefits plan at work, here's what you need to know.



Employee benefits: Taxable or not?

Does your T4 say you made more than you thought you did? Did you consider your taxable benefits? Find out which of your employee benefits is taxable and which isn't.



How do employee benefit plans work?

Employer-sponsored benefit plans deliver more than just drug and dental coverage. The more you understand about these plans, the better.

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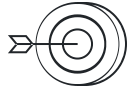
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Group Benefits Fraud Protection

You have more power than you know when it comes to your group benefits plan. Benefits fraud steals from you and your employer. See how you can help to protect your plan so it will be available when you need it.



Can you afford to get sick?



Meet Ella. A digital coach to help you meet your financial & health goals

Your plan includes some or all of these benefits:

Health and dental benefits

Take advantage of additional coverage

Drugs

Reimburses a portion of most prescription drug costs.

Vision care

Covers all or a portion of the cost of prescription eyeglasses or lenses.

Hospital expenses

Helps cover hospital care costs, in the province you live in, that are not covered by your provincial plan.

Paramedical

Covers eligible paramedical expenses that may include the services of chiropractors, physiotherapists and other medical professionals, depending on your plan.

Medical services and equipment

Covers services and equipment your physician considers necessary.

Travel

Covers medical and related expenses.

Dental

Can cover expenses ranging from cleanings to orthodontics – partially or fully – depending on your plan.

Health and wellness

Offers programs focused on improving and maintaining your health and wellness.

Affinity markets

Important Notice: Effective February 1, 2023, **Canadian Premier Life Insurance Company** (“Canadian Premier”) acquired the Association and Affinity, Creditor and Student business of Sun Life Assurance Company of Canada (“Sun Life”).

Small business benefits and savings

Sun Life offers a variety of affordable, customizable benefits and savings plans that are well suited to businesses with 3 to 49 employees. Our innovative solutions deliver the rewards of a healthier, wealthier workforce.

[Find out more about benefits and savings plans for small business](#) 

Submit an e-claim

E-claims are fast, easy and convenient using any of these methods.

- [my Sun Life e-claims](#)
- [Mobile e-claims](#)
- [Service provider e-claims](#)

Support questions

- [Submit or track a claim](#)
- [Find a claim form](#)
- [Check coverage](#)

Related products

- [Leaving your workplace health and benefits plan](#)
- [Workplace pensions and savings](#)
- [Leaving a job with a pension, group RRSP or savings plan](#)

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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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