



# Investing basics

All

Managing your money

Saving for retirement

**Investing basics**

Understanding life insurance

Understanding health insurance

Help for homeowners

Planning your travel



January 02, 2025

## Q4 2024 market update: Mixed response to policy shifts from new U.S. leadership

Several major central banks lowered interest rates to support economic growth. Read on for our view of the economy and financial markets.



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 24, 2024

## Here's how to boost your savings with financial literacy

Understanding a few key financial concepts can empower you to build a more diversified, tax-efficient, and personalized investment strategy. Here's how to turn knowledge into power to help achieve your financial goals.



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.



October 08, 2024

### How does wealth management fit into your financial roadmap?

How does managing your wealth fit into your financial roadmap? Your wealth is one part of the overall picture. Learn more about why it's important to know the difference.



October 02, 2024

### Q3 2024 market update

Central banks lower interest rates to support their economies. Read on for our view of the economy and financial markets.





September 20, 2024

### How to build your customized plan

When it comes to money, is your energy focused mostly on your day-to-day finances? Here's how to start thinking about today's priorities and tomorrow's dreams.



August 19, 2024

### How a Sun Life advisor can help you

Great financial advice can make a big difference to how your money grows – both now and in the future.



August 16, 2024

### What to do when the stock market is down?

Market values usually go up and down. But what can you do, when these values drop a lot? Consider staying invested. Here's why.

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## Tools & calculators



### Retirement savings calculator

Find out how much you will need to save for retirement and if you're on track to meet your retirement savings goal.

**Retirement savings 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** >



### Annuity calculator

A life annuity can offer guaranteed retirement income payments for as long as you live. This annuity calculator will estimate how much income you can get and compare it to income from a GIC or RRIF.

[Annuity 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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