



Life insurance calculator

Find out how much coverage is right for you - in just a few minutes

Feel empowered knowing your loved ones are protected. Tell us a bit about you and your situation, and we'll give you a personalized estimate. If you don't know exact numbers, use your best guess.

- > About yourself
- > Savings & coverage
- > Debts & expenses
- > Family needs
- > Your estimate

First, tell us about yourself

These questions help us figure out how much your coverage could cost.

Fields with an asterisk (*) are required.

Current age:*


Smoking status:*

☐

Smoker

☐

Non-smoker

Assigned sex at birth:* 

☐

Male

☐

Female

Next

Here's what we need to know to calculate your personalised estimate

- A little about you
- Any available cash flow
- Costs and expenses your loved ones will need to cover if you die
- You and your family's income
- Funds needed to maintain your family's standard of living without your income



Your information is safe with us. [Learn how we protect your privacy.](#)

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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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