



## Understanding health insurance

All

Managing your  
moneySaving for  
retirement

Investing basics

Understanding  
life insurance**Understanding  
health insurance**Help for  
homeownersPlanning your  
travel

December 16, 2024

### When it's time to move your parent into a nursing home

There are many tough tasks to face when your mother or father needs long-term care. But the toughest of all might be talking to them about it.



December 09, 2024

### How to protect yourself from benefits fraud

Benefits claim fraud is a big problem. If you have group medical and dental coverage, here's why you should care — and five things you can do.



November 26, 2024

### 5 things to know about long-term care insurance

Chances are you've never considered the potential costs of long-term care. But as you get older, the odds of your needing that care will increase.



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.



July 10, 2024

## Planning a trip? Don't forget travel insurance

As you get ready for your next vacation abroad or out of province — keep travel insurance in mind. It can help protect you and your family while you're away.



June 04, 2024

## Can exercise help you save money?

Staying active is not only good for your health – it can also save you money at insurance time. Here's the difference a sedentary lifestyle can make, and how you can get moving and save money.



May 15, 2024

## How to plan for the financial risk of a disability

And what are your options if you, your child, or a loved one experience a disability?



May 08, 2024

## 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.



February 16, 2024

How will you pay to live if you can't work? Here's how disability insurance can help

Most of us don't think of our income as our single biggest asset — but it is. Disability insurance is designed to protect it.

< 1 2 3 4 5 >

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## Tools & calculators



### Critical illness calculator

A serious illness can cost you a lot more than what your government health plan will pay for, once you factor in things like lost income, health-care expenses and other costs.

[Critical illness calculator](#)



### Life expectancy calculator

Use this calculator to estimate how long you might live and to see what you can do to live a longer, healthier life – now and in retirement.

[Life expectancy calculator](#)



### Life insurance calculator

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

### [Life insurance calculator](#)

Related products

#### [Personal health insurance](#)

#### [Critical illness insurance](#)

#### [Long term care insurance](#)

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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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