Take charge of your **health**

At Sun Life, we're committed to helping our Clients achieve lifetime financial security and live healthier lives. That's why we've created Lumino Health, our online health network where you can:

- Find discounts on health products and services
- Book with health-care providers
- Stay informed with tips from the experts

Health discounts

Find great discounts on innovative products and services in Lumino Resources and Offers. Your health goals are within reach.

Bailey Nelson is bringing the joy to eyecare by keeping quality high and prices low.
Save $49 on two pairs of single vision 1.5 prescription glasses or sunglasses including prescription lenses. Prices start from $200 for two pairs.

BioPed is a leading trusted provider for leg and foot health in Canada. Compression socks help if you stand all day, travel or play sports.
Save 25% off over–the–counter compression socks.

Get customized mental–health support through therapist–guided programs.
Save $25 off the MindBeacon guided internet–based Cognitive Behavioral Therapy (iCBT) program.

Health appointments

Find and book appointments with **over 150,000** health professionals, some offering virtual visit options. Filters allow more detailed searches based on cost and ratings.

Find these health-care providers and more in seconds:

- Family doctors
- Mental health professionals
- Dentists
- Physiotherapists
- Registered Dietitians
- ...and more

Health content

From meal planning to stress management, we interview experts across Canada to bring you health tips that make a difference.

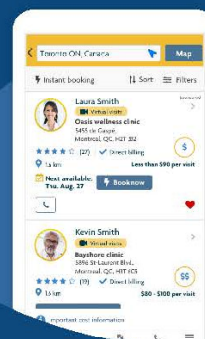Explore categories like family health, fitness & lifestyle, and more.

Keep up with the latest by **subscribing** to the weekly newsletter.

Take one step toward better health. **Register for mysunlife.ca** today.

Sun Life | Lumino Health