Canada's largest network of health resources

We're excited to tell you about a new innovation from Sun Life! The Lumino Health network puts health information in one place, empowering Canadians to make smarter health choices.

Search health topics

Read articles and find information and tips to answer your health-related questions.

Find a provider near you

Find a top-rated health-care provider near you using our search tool, powered by over 12 million ratings nationwide.

Discovery Lab health-care solutions

Explore special offers on innovative products and services from health industry companies.

We focus on health topics Canadians told us they care about most, including:

- Fitness and Lifestyle
- Mental Health
- Family Health
- Diet and Nutrition
- Virtual and Home Health
- Diabetes
- Aging and Caregiving

Best of all, Lumino Health is free and available to all Canadians. So you can share it with your friends and family.

Start exploring today at luminohealth.ca

Follow us on social media: @luminohealth

Lumino
Health

An innovation from Sun Life