My Benefits Online – at a glance

The Home page — this is the starting page when you sign on to www.mysunlife.ca. Some of the features listed below may not be part of your benefits plan.

1. **my health and well-being**
   - Information and links members use most often, on plan coverage, claims, your next dental recall date and more

2. **my financial future**
   - If you have a Group Retirement account with us, you can access it here

3. **Secure Messages**
   - Send confidential benefits questions to us

4. **Profile**
   - You can change your password and update contact details and security information

5. **Access plan information**
   - Access detailed information about your medical and dental claims and coverage by selecting the applicable group contract number

6. **Please read**
   - Read messages about changes, enhancements and plan features

7. **Take me to...**
   - Direct access to popular features
The Quick view gives you easy access to your Medical and Dental claims and coverage information.

8 Coverage
- Get details of your medical and dental coverage
- Look up drug information

9 Claims
- Submit most claims online. They are processed instantly — and you save paper.
- Complete and print personalized claim forms
- View your claims statements

10 Wellness Centre
- Create your personal health record
- Complete your Wellness Assessment and get tips on how to improve your health
- Get accurate information about medical conditions, treatments and drugs

11 Claims and coverage
- View your most recent claims statement
- Check the date and amount of your next vision care purchase
- Check the next date you are eligible for a dental checkup

12 Take me to:
Quick access to popular features:
- Sign up to have claims payments deposited directly into your bank account
- Learn more about how coordination of benefits works
- Print your personalized Pay-Direct drug and travel cards

13 Guides and Information
- Read quick, informative articles about benefits
- Find out more about provincial health plans

Life’s brighter under the sun

Group Benefits are offered by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies.