We're always looking for ways to make it easier for you to interact with us, and our online registration process is no exception. With easy-to-use navigation menus, updated content and enhanced functionality, managing your account online has never been easier.

To use mysunlife.ca you'll need to register to get an access ID and password.

- Go to mysunlife.ca
- Select Register now

Getting started

- Read the information and instructions about the registration process
- Register using either your Group Benefits or Group Retirement services plan
- Don't know how to find the information you need to register? Just select the where can I find my information buttons at the bottom of the page
- Select Register

Step 1 – My information

- Enter your
  - contract number
  - date of birth
  - postal code
- Select Continue
Step 2 – Access ID & password

• Select the method by which you would like to receive your password (by mail, or electronically if available)

• It can be hard to remember a 12-14 digit number every time you sign in, so to make things easier you have the option here to select your email address as your preferred ID.

• Select Submit

Step 3 – Confirmation

• Print a copy of your access ID

• Select Print

It’s that easy!

More control for you

You have the flexibility and control to update your account at any time. Simply sign in to mysunlife.ca and go to your Profile > Access info page. From there, you can add, change and even delete your email access ID, and update your information. Managing your access has never been easier!

Questions?

If you have any questions, please contact the Sun Life Financial Customer Care Centre at 1-800-361-6212 any business day from 8 a.m. to 8 p.m. ET.