



Support your mental health with Self Care

With your Sun Life life insurance coverage, you and your family* have access to Self Care from AbleTo, which offers 24/7 access to self-care tools to help you build resilience and improve your mental health.



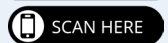
Access Self Care online or through your phone to explore:

- ▶ Self-care tools, like mood and habit trackers, and guided journals
- ✿ Curated blog posts, meditations, videos, and more
- 📖 Guides to help you navigate life challenges
- 🔗 Content suggestions based on your unique needs

Your road to feeling better starts here:

[AbleTo.com/selfcare-sunlife](https://www.ableto.com/selfcare-sunlife)

Access code: SUNLIFE



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*Self Care+ is available to dependents age 13 years and older. Not available for policies issued in New York or Vermont. This service is not insurance, is offered only on specific lines of coverage, and carries a separate charge, which is added to the cost of the insurance. The cost is included in the total amount billed. Self Care+ is provided by AbleTo. AbleTo is not a subcontractor of Sun Life and Sun Life is not responsible or liable for the care, services, or advice provided by AbleTo. Sun Life reserves the right to discontinue this Service at any time. Employers who provide group insurance coverage and make available this Service within an I.R.C. Section 125 cafeteria plan should consult a tax professional to determine whether those services are Qualified Benefits for Section 125 plans. In all states except New York, group insurance policies are underwritten by Sun Life Assurance Company of Canada (Wellesley Hills, MA). The Sun Life name and logo are trademarks of Sun Life Assurance Company of Canada. LPK-1404-poster SLPC 32055