

Support your mental health with Self Care from AbleTo

With your Sun Life life insurance coverage, you and your family (ages 13+) have access to Self Care, which offers 24/7 access to self-care tools to help build resilience and improve mental health.

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

Sign up today at AbleTo.com/selfcare-sunlife

Access code: **SUNLIFE**

Self Care+ is provided by AbleTo.
Group insurance policies are underwritten by Sun Life Assurance Company of Canada (Wellesley Hills, MA).

