



Women have unique health and wellness needs.

There's expert, confidential help at your fingertips.

Sun Life's Employee Assistance Program (EAP)*

* also referred to as Lumino Health Virtual Care Employee Assistance Program, provided by Dialogue.**



Sun Life's EAP provides immediate, confidential access to an expert across a variety of services. It provides extra support and resources for women¹ regardless of where they are in their health journey.

Some of the ways the Sun Life EAP can help:



Sexual and reproductive health

The EAP provides mental health support for premenstrual and menopausal mood disorders.



Crisis management and referral for sexual assault, domestic violence, and trauma support

Confidential support and resources for women who are experiencing intimate partner violence, sexual harassment or other forms of abuse.



Parenthood

- Mental health support for infertility, pregnancy loss, baby-blues and postpartum depression.
- Parenting skills for challenging adolescent and child behaviours and support for children with disabilities.
- Support for caregiver-related concerns and navigating childcare and elder care.
- Return-to-work coaching and coaching for balancing stress due to work-life-childcare and parenting.



Financial literacy

The EAP also provides financial planning services specific to women's needs. Did you know?

- Women need to save more money, as they generally expect to live longer than men.²
- Women generally make less money than men.³
- Women who are planning to have a child must also plan their mat leave incomes. Employment Insurance only covers up to 55% of their salary,⁴ so they might face a significant shortfall.



General health and wellness

- Health care navigation for in-person services, clinics and specialists that cater to women's specific needs, such as gynecologists and obstetricians.
- Nutritional support across various life stages, including the menopause transition period.

Here are how many sessions are available at no cost:



Mental health: Up to 4 sessions per concern



Legal: 1 session per concern



Finance: Up to 2 sessions per concern



Family and relationships: Up to 4 sessions per concern



Work and career: Up to 4 sessions per concern

How to connect

You and your eligible dependents age 14+ can easily connect to Sun Life's Employee Assistance Program through the Lumino Health Virtual Care mobile app or website 24/7 or by phone when accessing via the app is not possible.

Learn more about the EAP by visiting sunlife.ca/en/campaign/lumino-eap/.

** Dialogue is a wholly-owned subsidiary of Sun Life Assurance Company of Canada operating as a stand-alone entity.

¹ While we refer to women, we are inclusive of all gender identities that may be uniquely or disproportionately affected by these health issues or topics.

² Statistics Canada, [CANSIM Table 053-0003](#)

³ Canadian Women's Foundation, [The Facts about the Gender Pay Gap](#)

⁴ Depending on how much leave you decide to take and up to a specified amount