

Mental Health Solutions that empower your workforce





We're committed to removing barriers to mental health care for your plan members, and their eligible dependents. We provide personalized, confidential support that's accessible whenever plan members need it, while empowering you to build psychologically safe workplaces where employees can thrive.

A strong workplace mental health strategy is essential to achieving your organization's well-being goals. We have dedicated resources to help

you develop and implement effective mental health initiatives that create lasting impact across your workforce.

We offer a diverse range of mental health providers that you can add to your plans, ensuring your employees have access to the support that works best for them. Our comprehensive suite of mental health solutions is designed to drive meaningful, positive health outcomes across your entire workforce.





Mental health products

04

Mental Health Coach,
provided by Kii Health

05

Online Counselling, by
Dialogue**

06

Stress Management and
Well-Being, by Dialogue

07

Medical Second Opinion,
by Dialogue

08

Employee Assistance
program, by Dialogue

Mental Health Coach, provided by Kii Health^{*}

Offers personalized care based on benefits. Plan members and their eligible dependents (aged 16+) can work with licensed health-care practitioners that have visibility into each plan member's benefits. This includes Extended Health Coverage (EHC) coverage and auxiliary products like Employee Assistance Programs - allowing them to create recommendations grounded in the plan design.

Action plans include lifestyle recommendations and navigation to accessing mental health care, whether through the group benefits plan, employer or public health resources. Coaches also provide follow-up support as the plan member moves along their care journey to ensure their symptoms are improving.



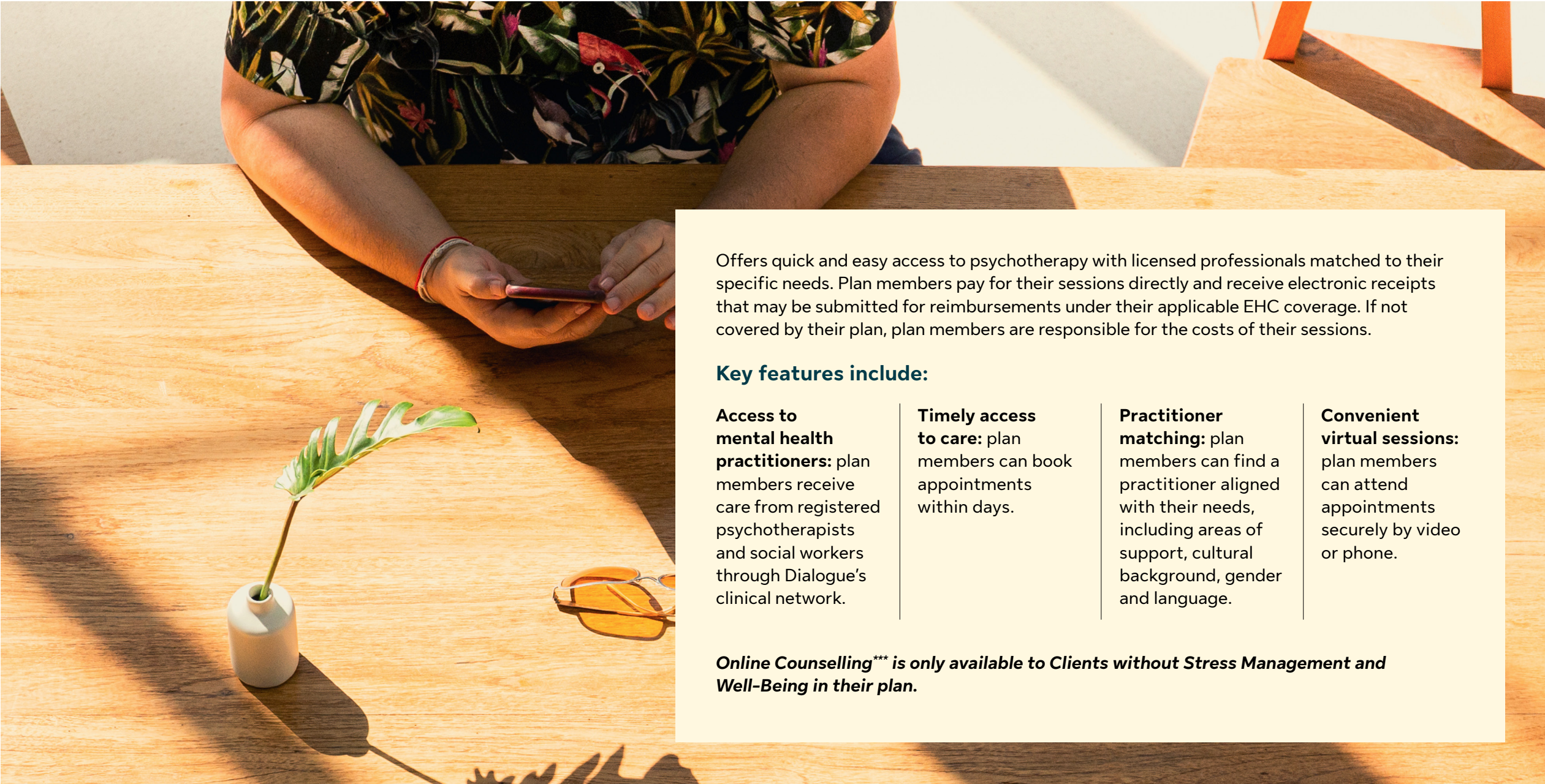
- Connects plan members to the right resources and treatment for physical health, mental health and work-life needs with recommendations grounded in the benefit plan.



- MHC is a valuable add on to EHC. It's available for employers with over 50 employees.



Online Counselling, by Dialogue**



Offers quick and easy access to psychotherapy with licensed professionals matched to their specific needs. Plan members pay for their sessions directly and receive electronic receipts that may be submitted for reimbursements under their applicable EHC coverage. If not covered by their plan, plan members are responsible for the costs of their sessions.

Key features include:

- | | | | |
|--|---|--|--|
| Access to mental health practitioners: plan members receive care from registered psychotherapists and social workers through Dialogue’s clinical network. | Timely access to care: plan members can book appointments within days. | Practitioner matching: plan members can find a practitioner aligned with their needs, including areas of support, cultural background, gender and language. | Convenient virtual sessions: plan members can attend appointments securely by video or phone. |
|--|---|--|--|

Online Counselling* is only available to Clients without Stress Management and Well-Being in their plan.**

Stress Management and Well-Being, by Dialogue

A valuable add on to Sun Life Virtual Care, by Dialogue. Provides plan members and their eligible dependents (aged 14+) with access to mental health providers and resources. Key features include:

- **Short-term counselling until acute issue is resolved**
- **Offers access to providers in a timely manner**
- **Provides access to a multidisciplinary care team**



Medical Second Opinion, by Dialogue

Medical Second Opinion helps plan members make informed and confident decisions about their health care and treatment plans, if they're unsure about how to manage their medical condition or need additional support. Medical Second Opinion includes three different features to help meet the health care needs of you plan members. Medical Second Opinion is an added service under the EHC benefit (or Critical Illness).

01

Expert second opinion

Medical experts provide plan members with second opinions on existing diagnoses and treatment plans for both physical and mental health conditions.

02

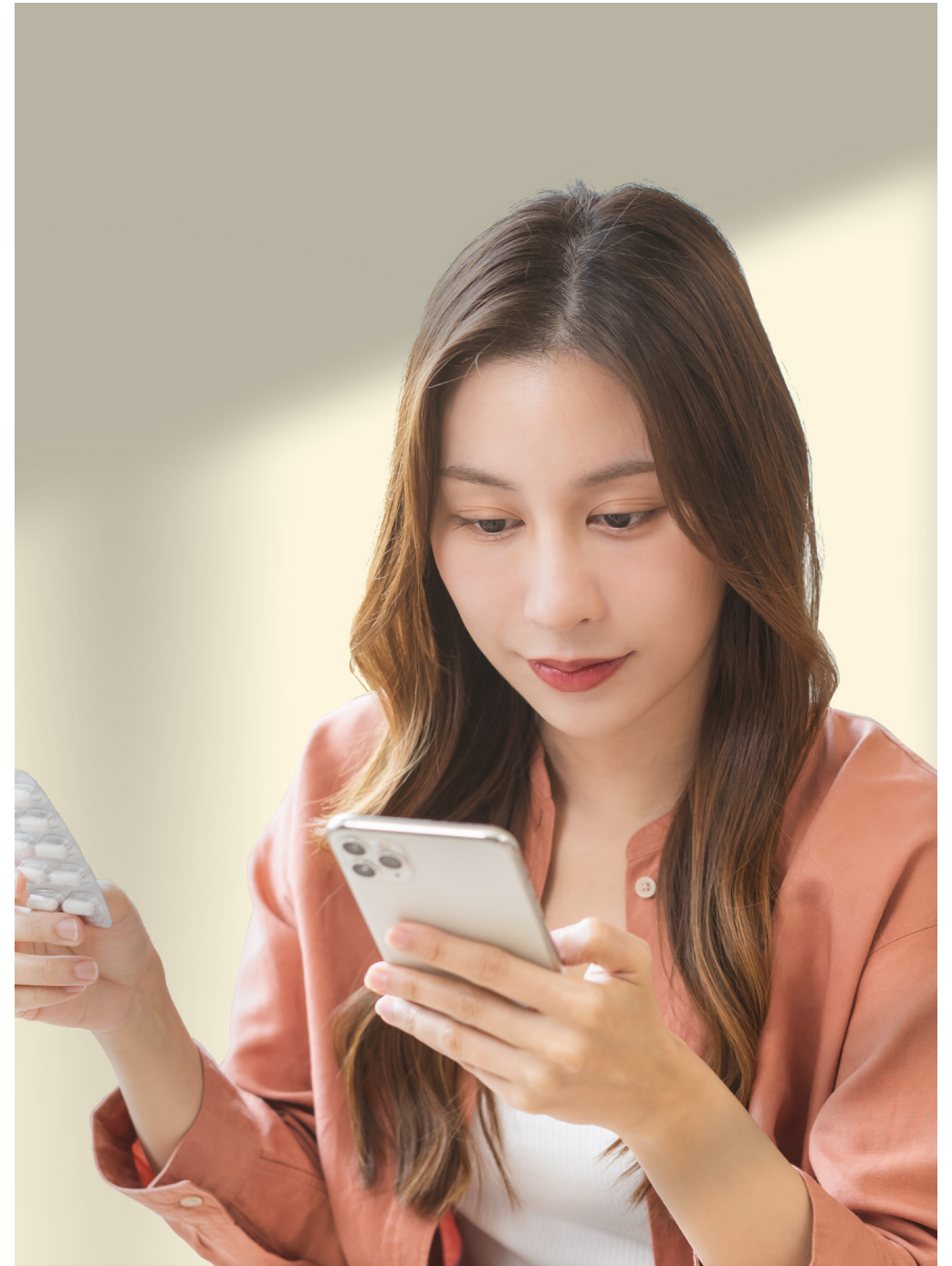
Mental Health Care Navigation

Mental health specialists help plan members understand their mental health needs and navigate to specialized providers and resources for all conditions.

03

Find a medical specialist

A navigation service that helps plan members locate appropriate medical specialists and facilities across Canada and the U.S.



Employee Assistance Program, by Dialogue

Offers comprehensive support designed to address multiple dimensions of employee well-being. These services encompass:



**short-term acute
mental health
support**



**guidance on
work and career
development**



**legal and financial
guidance**



**family and relationship
counseling, and diet and
nutrition advice**

EAP also offers manager coaching and crisis support to help leaders navigate workplace challenges. Employees also have access to internet-based cognitive behavioral therapy (iCBT)—either self-guided or with a coach—for flexible, confidential mental health support on their own schedule.

This evidence-based approach allows individuals to access therapeutic tools and techniques either independently through self-guided modules or with the support of a qualified coach.

We’re committed to supporting your employees’ mental well-being at every stage of their journey, helping them thrive both professionally and personally.





Questions?

Contact your Sun Life Group Benefits Representative.

**Mental Health Coach is provided by Kii Health. We're committed to maintaining the privacy and security of plan member/dependent personal information. Employers will not receive any information from Kii Health. Kii Health will share limited information only with Group Benefits at Sun Life as your benefits provider. This will help Group Benefits understand the usage and success of this program.*

*** Dialogue is a wholly-owned subsidiary of Sun Life Assurance Company of Canada operating as a stand-alone entity. All representations about the Dialogue services (Online Counselling, Stress Management and Well-Being, Employees Assistance Program and Medical Second Opinion) are those of Dialogue, Inc. and not Sun Life Assurance Company of Canada. Sun Life Assurance Company of Canada cannot guarantee the availability of the services and reserves the right to cancel the services with notice.*

****Available to individuals ages 14+ including:*

- Clients – Sun Life plan members, policyholders, or account owners
- Dependents – Spouse, partner, or child of a Client
- Guest Clients – Individuals new to Sun Life (no Sun Life policy or coverage)

Access spans Group and Individual client segments across Health, Wealth, and Protection product areas (including, Health, Group Benefits, Group Retirement, Individual Health, and Individual Wealth).

Life's brighter under the sun

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies. VC 1319 07-26 ng-dm

