Accessing my Sun Life is just a few clicks away

To use the easy online features available through our my Sun Life website, you need to register. Just go to www.mysunlife.ca and follow the instructions below.

- If you do not have an access ID and password
  You can register online by going to www.mysunlife.ca:
  - Click on the Register button for an access ID.
  - Read the instructions and select Continue.
  - Select Group Benefits as your plan type from the drop-down menu.
  - Follow the prompts to identify yourself. You will need your contract number and member ID.
  - The system will ask you how you would like to receive your password.
    - You can create your password online using instructions that will be e-mailed to you, or
    - You can receive a temporary password by regular mail.
  - Click Submit to complete the registration process.

Your access ID will be generated for you automatically. Print your access ID card for future reference. The first time you sign on, you will be prompted to change your password. The temporary password will expire in 45 days from the date it was generated. If your temporary password has expired, please call our Group Benefits Customer Care Centre at 1-800-361-6212.

Questions?
For questions about registering for my sun life or any of the features on the website, just call our Group Benefits Customer Care Centre at 1-800-361-6212, from 8 a.m. to 8 p.m. ET, Monday to Friday.