

Your benefits: Take action!

June 2016

Possible postal disruption: It's more important than ever to register for direct deposit and paperless statements through mysunlife.ca!

This summer, there is a possibility of a disruption to postal services.

If you submit claims and receive reimbursements and statements by mail this could mean significant delays in submitting claims, getting reimbursed and generally keeping "in touch" with your benefits.

Make sure you are able to claim, get reimbursed and "keep in touch" with your benefits online by following these steps today.

Step 1: Are you registered on mysunlife.ca?

If not, go to mysunlife.ca and choose **Register now** to sign up today.

Step 2: Have you signed up for direct deposit and paperless statements?

From the Home page click on **My Claims** and under **Take me** to click on **Direct Deposit**. Provide or verify your banking information is up-to-date, and make sure you register for paperless statements while you're there!

Make your benefit reimbursements faster and easier, and keep your benefits information at your fingertips even if there's a postal disruption.

Questions?

Please contact Sun Life's Customer Care Centre at 1-800-361-6212, Monday-Friday: 8am-8pm ET.