

Registering online?

We can help!

We're always looking for ways to make it easier for you to interact with us, and our online registration process is no exception.

With easy-to-use navigation menus, updated content and enhanced functionality, managing your account online has never been easier!

To use **mysunlife.ca** you'll need to register to log in with your email and password.

- Go to **mysunlife.ca**
- Select **Register**

OUR GET A QUOTE LEARN & PL...

CUSTOMER SIGN IN

Remember me

***** **Sign in**

[Sign-in help](#) [Register](#)

[Plan sponsors and advisors](#)

By signing in, you agree to these [terms and conditions](#).

Sun Life Financial

Welcome!

If you have any information from us, your employer or advisor, you'll want to have that handy.

▼ Finding your file...

Date of birth (DD/MM/YYYY)

Country of residence

Canada United States Other

Postal code

Select a product that you have

Employer investments and savings

Health/dental benefits

Products purchased through an advisor

Contract/policy number [Where can I find this?](#)

Member ID [Where can I find this?](#)

[Cancel](#) [Next](#)

Finding your file

- Enter the requested information:
 - Date of birth
 - Country of residence
 - Postal code
- Select **Health/dental benefits** as the type of plan you're registering with
- Enter your group contract number and member ID
- Click **Next**

Sun Life Financial

Welcome!

If you have any information from us, your employer or advisor, you'll want to have that handy.

We've found your file.

▼ An extra step for security.

This site contains information about your health and/or finances so we take an extra security step to protect you.

Enter your temporary registration code [What is this?](#) [Need a registration code?](#)

[Cancel](#) [Next](#)

Need a registration code?

Yes, email my code.

Yes, send my code by postal mail. (Please allow 7 to 10 business days)

[Cancel](#)

Life's brighter under the sun [Log in](#) [Privacy](#) [Security](#)

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An extra step for security

- Enter your **Temporary registration code**. If you don't have one, click **Need a registration code?**
- If we have your email address on file you can select **Email**, otherwise select **Postal mail** and click **Next**

Sign in and preferences

- If we don't have your workplace email on file, add it now! You can also add your personal email address (recommended)
- Be sure to check **Use as access to sign in** (so you don't have to remember your numerical access ID)
- Enter your new password
- Select your verification question and answer
- Click **Next**

Contact preferences

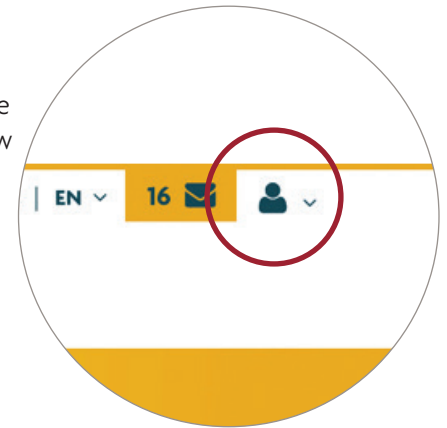
- You can add a phone number here for Sun Life to use to contact you if you'd like - it's totally optional, but be sure to click **Next** when you're done even if you didn't add one.

Register through the my sun Life Mobile App

You can follow this registration process from your smartphone as well! Once you have downloaded the **my Sun Life Mobile** app on your phone, simply select **Register** below **Sign in**, and you can register online right in the palm of your hand!

More control for you

You have the flexibility and control to update your account at any time. Simply sign in to **mysunlife.ca** and click on the Person icon at the top right of the Home page, to make changes to your profile. Once you click on the Person icon, select **Profile > Access info page**. From there, you can add, change or delete your email access ID, and update your information. Managing your access has never been easier!



Questions?

If you have any questions, please contact the Sun Life Financial Client Care Centre at 1-800-361-6212 any business day from 8 a.m. to 8 p.m. ET.

Life's brighter under the sun

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies.

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