



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.

mySunLife.ca and the **my Sun Life mobile app** give you the online tools you need to manage your plan. Here's how to register for access:

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You can register with the email provided by your employer, or with your personal email

1 Go to **mySunLife.ca** and select **Register**.

2 Enter either the **email your employer provided**, or your **personal email address**.

3 Once entered, **we'll send an email to confirm** your email address. If you've used the **email address provided by your employer**, go to **step 4**. If you're registering with your **personal email**, please go to **step 6**.

4 Next you'll set up your **password** and **verification Q&A**.

5 Congratulations! Your **registration is complete**.

Completing registration with your personal email

6 Complete your **personal information**.

Enter your personal information so we can find you in our system.

First name Last name

Date of birth (DD/MM/YYYY)
DD MM YYYY

Postal code

Living outside Canada?
[Learn more about why we ask for this information.](#)

Password

Confirm Password

Select your verification question

Enter your answer

[Done](#)

7 You'll be asked to **verify your identity**. You'll be asked to sign in with your current financial institution.

Don't worry, if your financial institution isn't listed you can click **verify your identity another way** and answer a few questions.

That's it! **You are now registered.**

If you're a **BMO, CIBC, Desjardins, RBC Royal Bank, Scotiabank or TD** client, use **Verified.Me** to securely confirm your identity with your online banking profile.

The Government of Canada and many other Canadian businesses use the same service provider to help users confirm their identity online.
[Learn more about Verified.Me](#)

[Continue with Verified.Me](#)



We can help! If you need us, call us at **1-800-361-6212** between 8 a.m. ET to 8 p.m. ET, Monday to Friday.

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Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies. GRP1667 11-22 ds-cd

