

Colleges of Applied Arts and Technology

GROUP INSURANCE BENEFITS COMMUNIQUÉ

IMPORTANT INFORMATION

As a participant in the Colleges of Applied Arts and Technology Group Insurance Plan, you now have access to two new services. These programs are available at no cost, and are designed to support you and your dependents in managing your health.

Lumino Health Pharmacy

Lumino Health now provides access to a new service, Lumino Health Pharmacy, provided by Pillway, which can make managing medications easier. Lumino Health Pharmacy offers easy online access to pharmacists for medication and coaching to better manage your health. It is available to you and your dependents at no added cost whenever you choose to use it.

You can register at sunlife.ca/lhpharmacy using your Sun Life Member ID. When you register, you'll benefit from:

- **Easy online ordering** – upload a prescription for validation and place the order online.
- **Easy refills** through auto-renewal.
- **Home delivery in Canada** – at no extra cost.
- **The ability to manage your medication needs**, such as compliance packaging that groups multiple medications into convenient packages.
- **Professional advice** – chat with, or call, Pillway's trusted and knowledgeable pharmacy support team. Once you've registered, you can transfer your prescriptions online or by calling.

Health Coaching for Chronic Conditions

Many Canadians are living with chronic conditions, such as diabetes or asthma. Lumino Health Pharmacy also offers personalized coaching services related to these conditions.

The coaching services are designed to help Canadians get the care they deserve and build healthy habits to manage chronic conditions. These services are available at no cost to you. The services include:

- A personalized Care Program, created with you to help you self-manage your condition
- 1:1 virtual coaching sessions with a dedicated support team
- Regular check-ins, proactive support, and simple monitoring

Additional Information

Attached to this communication are pamphlets that describe the services offered under Lumino Health Pharmacy and Health Coaching for Chronic Conditions.

- You can find more information and answers to FAQs, at sunlife.ca/lhpharmacy
- To learn more about the coaching services, visit the Care Program pages:
 - Diabetes Care Program: sunlife.ca/diabetescoach
 - Respiratory Care Program: sunlife.ca/respiratorycoach