



LIFESTYLE SUPPORT



WELLNESS



COUNSELING



FAMILY SUPPORT

Free, professional and confidential assistance to help you manage work, health and life challenges.

Sun Life RightDirections™ Your Employee Assistance Program (EAP)

Contact your EAP if you need assistance, information or advice in the following areas of your life:

- Family and social relationships
- Depression, anxiety, stress, dependency issues
- Workplace related issues and career planning
- Legal and financial advice*
- Wellness issues, health and fitness coaching, nutrition support and smoking cessation
- Crisis & traumatic events

* Does not include employment or workplace issues, criminal law, asset management, or accounting services.

Plus, access to new digital services* like:

- First chat (online chat session)
- E-counseling
- Video counseling
- My Migo (App)

* Access options are available based on the plan selected by your employer.

Call **1-855-544-7722** or visit **www.workhealthlife.com/sunlife**

Connect with us and we'll design a tailored support plan to meet your needs.

Toll free, confidential, 24/7, 365 days a year.

Life's brighter under the sun

Group Benefits are offered by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies. GB10302-E 10-17 ar-an

