

Claim Your Health Contest

Contest Creative

WEB

Hello, %DISPLAY_FIRST_NAME% ✕

**Enter to win \$1,000
towards your health goals!**
Each entry also supports mental health programs.





[Find out how](#) [No, thanks!](#)



**You could win 1 of 4 prizes of \$1,000
to use at a health and wellness store of your choice*!**

 On top of that, your entry will support mental health programs across Canada. Sun Life will donate \$1 to the Canadian Mental Health Association for each entry.

There are two ways to unlock your entry.
You have until August 16, 2021.

| | |
|---|--|
|  <p>Have a claim ready to go? Submit an e-claim Click the button below, choose the claim type and fill in the details to submit your e-claim.</p> <p>Claim now</p> |  <p>Don't have any claims to send in? Book an appointment online Just search for a massage therapist, chiropractor or others, and book your next appointment online.</p> <p>Book now</p> |
|---|--|

How would you choose to spend the prize?

- 
Exercise clothing
- 
Outdoors equipment
- 
Fitness trackers
- 
Sporting gear
- 
Healthy food and snacks
- 
Personal care products

For full details, check out the official contest rules [here](#).
* Each of the four (4) prizes consist of two (2) \$500 CAD gift cards to be chosen from a list of pre-determined retailers.

EMAIL



You have an exclusive chance to
WIN \$1,000
 and support mental health programs!

Hello <%=name%>,

Enter to win 1 of 4 prizes of \$1,000 to use at a health and wellness store of your choice*!



When you enter, we will donate \$1 to the Canadian Mental Health Association (CMHA).

- CMHA provides resources that help prevent mental health illnesses and support recovery.
- Sun Life's support will help transition the Living Life to the Full Program to an online experience. It is a course designed to help people of all ages deal with life challenges using Cognitive Behaviour Therapy principles.

There are two ways to unlock your entry.
You have until August 16, 2021.



Have a claim ready to go?

Submit an e-claim

To submit a claim on mysunlife.ca, click the button below, choose the claim type and fill in the details to submit.

You can also submit a claim on the my Sun Life mobile app. Just sign in, go to the Benefits section and tap Submit a claim.

Claim now

Don't have any claims ready to send in?

Book an appointment online

Search for a massage therapist, chiropractor or other health-care providers, and book your next appointment online.

Book now

Submitting an e-claim is easier than ever



You can now submit receipts and other supporting documents for your claims. No need to send anything in the mail!



Get your claim payment sooner. You could see money back in your account as quickly as 24-48 hours.



Your security is our top priority. We conduct regular updates so your information stays safe and private.

Sincerely,
 Your team at Sun Life

*Each of the four (4) prizes consist of two (2) \$500 CAD gift cards to be chosen from a list of pre-determined retailers. [Read full contest rules here.](#)

Our website and mobile app are secure and tested regularly to protect your information. Need help signing in? [Check out the FAQ.](#)