


LIFESTAGE *Care*

RESOURCES • SUPPORT • SOLUTIONS

for all of your family's care giving needs



**Resources, support
and solutions to help
you care for yourself
and your family**

With a long term care insurance policy from Sun Life, you can make use of the valuable resources provided through LifestageCare. This national, bilingual service, available 24 hours a day, 7 days a week, provides you with access to unbiased information about local, qualified health care and personal care providers that meets your individual and family needs, at every stage of life.

- **Seniors** – for information on aging, retirement residences, nursing homes, home care, and community care
- **Self care** – for personal advice and well-being information, addiction treatment, budget and credit counselling, and physical rehabilitation
- **Children and teens** – for parenting, child care, and special needs services

Supporting families with resources and solutions for children, seniors and caregivers

Search the database for health and support services for senior, disability and child care services.

Ask experts in gerontology and child psychology for advice.

Find costs for child care and care for seniors.

Link to federal and provincial government assistance programs.

Read informative articles about children, teens, seniors and caregiving matters.



Life's brighter under the sun

Live assistance. Specific information. Confidential service.

LifestageCare is a members-only website and toll-free telephone support service available to long term care insurance policy owners with Sun Life:

- Live** Live agents and navigators are available 24 hours a day, 7 days a week to answer questions by phone or email.
- Specific** LifestageCare helps you plan and manage your family care responsibilities and find resources based on your requirements and postal code. The information you receive is matched specifically to your needs.
- Confidential** Use LifestageCare with confidence knowing that it is an unbiased service; any information you provide is kept confidential.

2 easy ways to access LifestageCare

Have your policy number ready and either:

1. **Call the toll-free support line at 1-800-445-1811**
2. **Visit sunlife.mylifestagecare.ca.**

To access support online:

Log in with your policy number.

Go to the section that applies to your needs.

Choose the type of services you're looking for.

Fill out the search form with your preferences.

Access specific resources based on the information you provided in the search form.

My long term care insurance policy number:

LIFESTAGECare

LifestageCare is currently available to new and existing long term care insurance policy owners of Sun Life. It is not a guaranteed feature of the product and may be withdrawn at any time.

**There for
you – when you
need support**

**LifestageCare is easy, convenient
and available around the clock.**

**Get more out of
your long term care
insurance**

Ask your advisor for more information
about long term care insurance
and LifestageCare.



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