

Submit your claims electronically and have your reimbursement deposited directly into your bank account, usually within 24 to 48 hours, without having to mail in your receipts.

To get started, select **Submit a claim**. You will need your receipts with you.

1. Choose the type of claim you would like to submit. For services like massage therapy or a chiropractor visit, select **paramedical e-claim**.
2. Confirm or provide your banking information, email and mailing address.
3. After agreeing to our terms and conditions, select the name of the claimant from the drop down menu and if you are claiming an unpaid balance not covered by another plan (Coordination of Benefits/COB).
4. If you have never submitted a claim for this provider, add your provider's details. This information should be on your receipt.
5. Select the type of expense, the service date and the amount you are claiming (if claiming a balance not paid by another plan, enter the amount they paid under COB Amount).
6. Continue to follow the steps until you receive a claim confirmation.

Do not send us your receipts, however keep them for 12 months as they may be requested.

If you have any questions, send us a message on mysunlife.ca, or call us at **1-888-757-7427** any business day from 6:30 a.m. to 8 p.m. ET.

You can find this information again by selecting the  when you are signed in to **mysunlife.ca**.

Life's brighter under the sun

