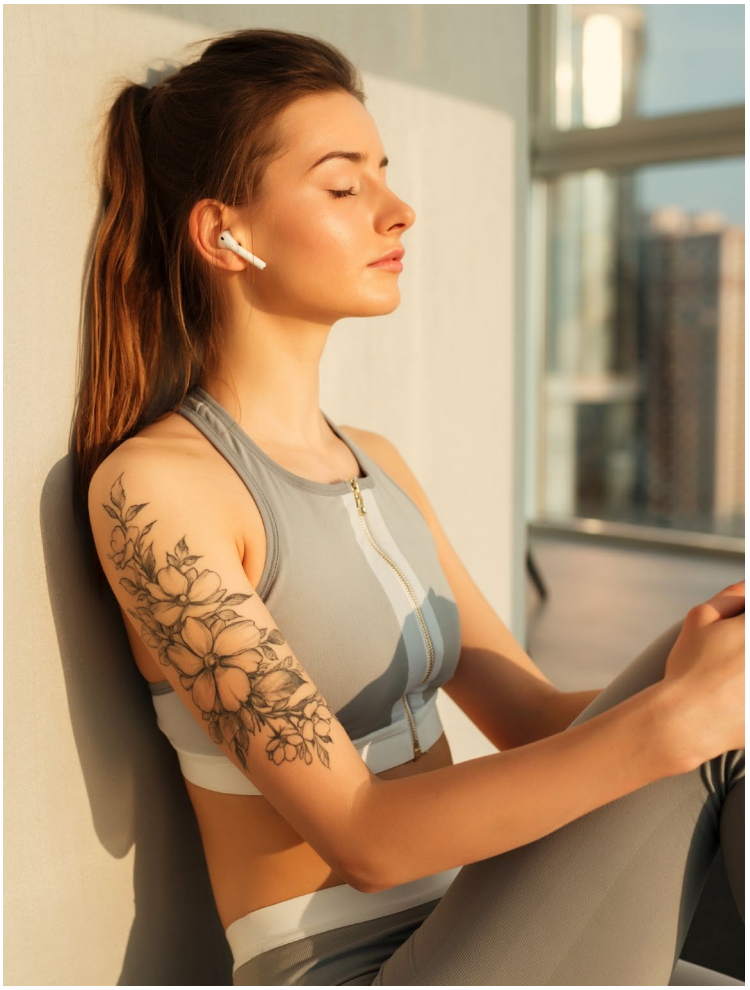
Sun Life®

Mental health made easier with Self Care



Empowering employees to live the life they want

Provided by our partner AbleTo, Self Care offers 24/7 access to digital tools to help employees and their families[1] build resilience and improve their mental health. They can explore mindfulness activities, guided journals, meditations, and more at their own pace. If they complete weekly check-ins[2], the program will suggest content and activities to help them reach their goals.

The Self Care digital experience includes:

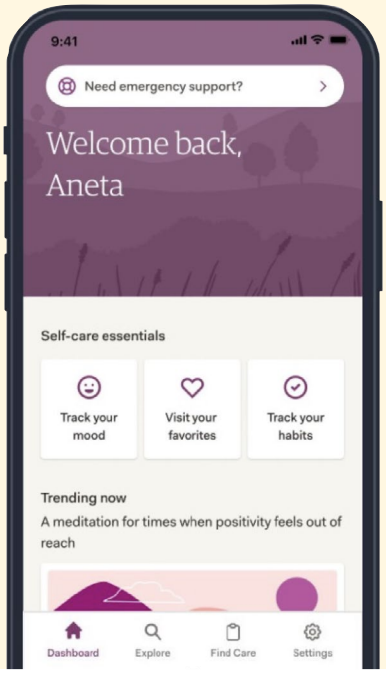
Mood tracking
Log their mood to identify patterns and monitor their progress

Meditations
Listen to relaxation, deep breathing, and positive visualization exercises

Collections
Build life skills with content designed by clinicians on topics that matter most to participants

Habit tracking
Set and track healthy habits to identify how behaviors affect their mood

Journaling
Develop a more helpful and balanced perspective by writing about their thoughts, emotions, and goals



Self Care is designed to help individuals:

- Manage stress and feel more in control
- Change negative thoughts
- Improve their mood
- Set achievable goals
- Maintain better boundaries
- Build healthy habits
- Become more resilient to change
- Communicate their needs

This flyer is not approved for use in NM.
Not available in New York and Vermont.

1. Self Care is available to dependents age 13 years and older.
2. Only participants who are 18 years and older have access to the optional weekly check-ins.

This service is not insurance, is offered only on specific lines of coverage, and carries a separate charge, which is added to the cost of the insurance. The cost is included in the total amount billed. Self Care is provided by AbleTo. AbleTo is not a subcontractor of Sun Life and Sun Life is not responsible or liable for the care, services, or advice provided by AbleTo. Sun Life reserves the right to discontinue this Service at any time. Employers who provide group insurance coverage and make available this Service within an I.R.C. Section 125 cafeteria plan should consult a tax professional to determine whether those services are Qualified Benefits for Section 125 plans.

Group insurance policies are underwritten by Sun Life Assurance Company of Canada (Wellesley Hills, MA) in all states, except New York, under Policy Form Series 93P-LH, 98P-ADD, 12-GP-01, 15-GP-01, 15-LF-C-01, 12-GPPort-P-01, 15-LFPort-C-01, 15-ADD-C-01, 13-ADDPort-C-01, 20-SD-R-01, 23-SD-C-01, and 23-SDPort-C-01. Product offerings may not be available in all states and may vary depending on state laws and regulations.

© 2025 Sun Life Assurance Company of Canada, Wellesley Hills, MA 02481. All rights reserved. The Sun Life name and logo are registered trademarks of Sun Life Assurance Company of Canada. Visit us at www.sunlife.com/us.

GFL-1245-k #1566506948 01/25 (exp. 01/27)