

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 families¹ 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-ins², the program will suggest content and activities to help them reach their goals.

Employers can add Self Care+ when they choose Sun Life Basic Life or Voluntary Life insurance.

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



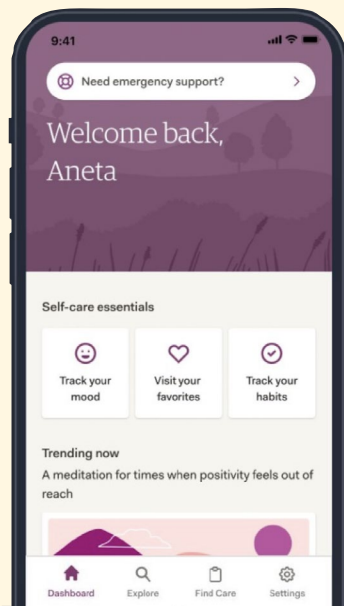
Habit tracking

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

“I started out a complete and nervous wreck due to having severe anxiety. My panic attacks are now under control, and I find myself not really allowing things to get to me so easily. Thank you AbleTo for this program.”

- Nyeyoka, AbleTo Participant

Contact your Sun Life representative about adding Self Care+ when choosing Sun Life Basic Life or Voluntary Life insurance.

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.

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