

# We're here to support you and your health

A few weeks ago, our president Jacques Goulet reached out to you to let you know of Sun Life's commitment to you during these unprecedented times.

We know that finding the right information and resources is important, especially now. Protecting your health is a top priority. We want to make sure that you have health and wellness information at your fingertips.

Lumino Health is our free network of health resources and useful information on health and wellness topics.



We've included some of their recently published articles that we think you might find helpful. To find out more, visit [luminohealth.ca](https://luminohealth.ca).

Sincerely,

The team at Sun Life



## How to manage your relationship while self-isolating

From understanding each other's individual needs to learning to compromise when working from home together, we chatted with a registered psychologist about how to navigate what for many couples is unfamiliar territory.

[Read more](#)



## Virtual health care explained

We look at what virtual health care is, how it works, and how it can help you right now as Canadians continue to practice social distancing.

[Read more](#)



## Why meal prep can help you eat healthier

From being less reliant on processed food to knowing what exactly is going into every meal, there are many health benefits of meal prep. We asked a registered dietitian how to get started.

[Read more](#)



## 6 tips for managing your kids' screen time

We chatted with an optometrist about how much screen time your kids should be getting, and have some screen-free activities you can do at home.

[Read more](#)

## More great reads

[How to prevent caregiver burnout](#)

[5 healthy things you can do at home in 10 minutes or less](#)

[Managing stress and anxiety during a pandemic](#)

## Two quick things before you go

- 1 Find free online self-help, evidence based anxiety resources with [Anxiety Canada™](#)
- 2 [University Health Network \(UHN\)](#) has COVID-19 updates as well as information for patients and their families.

**Know someone who might like getting health and wellness tips delivered straight to their inbox? Send them here to sign up.**

For COVID-19 updates from Sun Life, visit [sunlife.ca/covid-19](https://sunlife.ca/covid-19).

## Life's brighter under the sun

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