Registering online?
We can help!

We’re always looking for ways to make it easier for you to interact with us, and our online registration process is no exception.

mySunLife.ca and the my Sun Life mobile app give you the online tools you need to manage your plan. Here’s how to register for access:
Registration with an employee provided email

If you have an **email provided by your employer**, please use it to register.

1. Go to [mySunLife.ca](https://www.mysunlife.ca) and select **Register**.

2. Provide the **email address** your plan sponsor provided.

3. Once entered, **we’ll send an email to confirm** your email address.

4. Next you’ll set up your **password** and **verification Q&A**.

5. Congratulations your **registration is complete**.
Registration without an employee-provided email

Follow steps 1 - 3 as above.
Once your email is confirmed, you’ll be asked to set up your account.

4 Complete your personal information.

5 You’ll be asked to verify your identity. You’ll be asked to sign in with your current financial institution.

Don’t worry, if your financial institution isn’t listed you can click verify your identity another way and answer a few questions.

That’s it! You are now registered.

We can help! If you need us, call us at 1-800-361-6212 between 8 a.m. ET to 8 p.m. ET, Monday to Friday.