

Lumino Health Virtual Care Employee Assistance Program, *powered by Dialogue*

Your Employee Assistance Program (EAP) gives you access to integrated mental health support, legal and financial advice, work and career counselling, and support for families and relationships.

The services included can help with a broad range of common concerns.

Here's a look at what's available:



Stress & Wellness

Give your mind some love. With access to mental health specialists, wellness resources, and internet-based cognitive behavioural therapy (iCBT).



Legal

Speak to an experienced lawyer who can help you with a variety of legal matters.



Financial

Speak to an experienced financial planner who can help you with a variety of financial matters.



Work & Career

Get guidance from career counsellors on workplace concerns or advice on how to achieve your career goals!



Family & Relationships

Seek advice from specialists for family concerns or assistance with child or elder care.



luminovc.dialogue.co

Life's brighter under the sun

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies. VC-9239 04-22 ry-mp



Lumino
Health