



# benefits FYI



## New Sun Life Sign-in Page for Plan Members

*my Sun Life* provides all the information previously available and more

To make your online experience as a plan member better and easier, Sun Life has remodeled its sign-in page.

### Same site, new name.

Your plan member services sign-in page has a new look to match the main Sun Life homepage. It also has a new name, *my Sun Life*, and



The new *my Sun Life* sign-in page is user friendly and easy to navigate.



new URL ([www.mysunlife.ca](http://www.mysunlife.ca)). However the previous URL ([sunlife.ca/member](http://sunlife.ca/member)) and your Access ID and password still work.

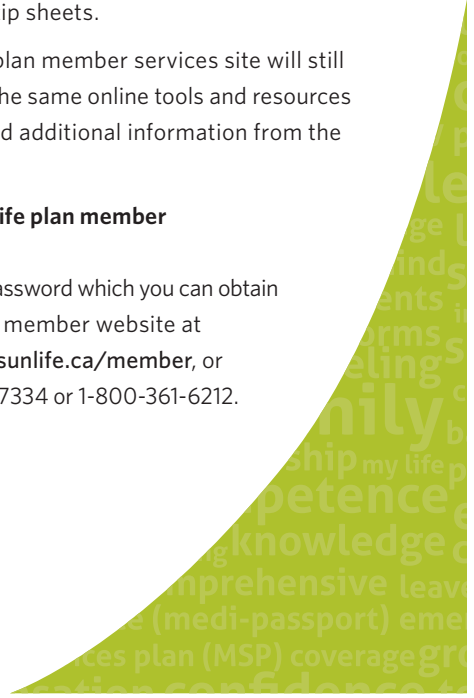
### More information, more value.

A new communications page under “my coverage” includes direct links to Sun Life’s Benefit Bulletin newsletter, plan member communications, and new tip sheets.

Logging into the Sun Life’s plan member services site will still provide you with access to the same online tools and resources as before, but now you’ll find additional information from the online Wellness Centre.

### Haven’t accessed the Sun Life plan member website before?

You need an Access ID and password which you can obtain by visiting the Sun Life plan member website at [www.mysunlife.ca](http://www.mysunlife.ca) or [www.sunlife.ca/member](http://www.sunlife.ca/member), or calling Sun Life at 1-800-661-7334 or 1-800-361-6212.





## UBC Health Challenge Event: How Your Benefits Can Help You!

The Amazing Race Health Challenge is back! Join UBC staff and faculty in this year's race to a healthier you. The 2010 event begins November 8 and wraps up December 12.

### How the Health Challenge Works

As a participant, your challenge is to incorporate healthy activities into your day from the five dimensions of wellness: physical activity, nutrition, intellectual, psychological and social/community. Examples include eating fruits and vegetables or completing a Sudoku puzzle. Record your activities on the online health challenge website and collect points. The team with the most points at the end of the health challenge wins and receives the grand prize.

### How your Benefits Can Help During the Health Challenge

Your benefits program includes resources that can help you integrate healthy activities into your daily routine and earn points throughout the health challenge. Continuing these activities after the health challenge will help you stay healthy. Some of these resources include the following.

#### Intellectual Health

Learn something new or expand your knowledge by taking a course at UBC. Visit our Education & Career Development portal on the benefits website ([www.hr.ubc.ca/benefits](http://www.hr.ubc.ca/benefits)) for more information on professional and personal development resources.

#### Nutrition

Did you know Human Solutions ([www.humansolutions.ca](http://www.humansolutions.ca)), our Employee and Family Assistance Program (EFAP), offers Health Management and Health Coaching Services? 12 Weeks to Wellness is a self-directed program that includes a consultation with a weight loss and behaviour change consultant. Nutritional Counselling provides practical strategies, healthy eating advice and tools based on the latest, leading-edge nutritional science and information.

In addition, a confidential online health risk assessment is available through the Health and Wellness Companion on the Sun Life plan member website ([www.mysunlife.ca](http://www.mysunlife.ca)). Use the information from your assessment to create a personal wellness and action plan, and track your progress within a confidential and private webspace.

#### Psychological Health

If you're looking for support other than counselling, our EFAP program provider, Human Solutions provides some options.

Plan Smart Plan Smart™ Services can help ease stress if you need to find a nursing home for an aging parent, obtain help getting your finances under control, gain support as a new parent, or find ways to ease the transition into retirement.

E-Learning Courses are available if you prefer confidential support that's online and self-paced. These interactive courses include printable information, quizzes, and exercises.

#### How to Sign Up for the Health Challenge

Previous Amazing Race Health Challenge participants will receive details on this year's event shortly. If you haven't participated before and wish to join this year's challenge, please contact Thea Treahy-Geofreda ([treahy-geofreda@hse.ubc.ca](mailto:treahy-geofreda@hse.ubc.ca) or 604-827-3047).



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

FALL 2010

## The Benefits of Knowing at UBC Thrive Wellness Fair

Did you miss orientation? Do you have questions about your UBC benefits? Well, we're coming out to help. Get answers directly from a member of the Benefits team at the UBC Thrive Week Wellness Fair November 1 and 2.

Visit "the Benefits of Knowing" booth to learn about:

- Resources for short-term counseling and other preventative programs through our Employee and Family Assistance Program as well as coverage for clinical psychological counseling through our extended health plan
- Different claiming procedures for various services and coverage items
- How to find benefits information using available web resources
- Travel medical insurance through our extended health plan and what you need to do in a medical emergency travelling outside of Canada

At the "the Benefits of Knowing" booth, you can also test your benefit plan knowledge by participating in our interactive quiz and win fabulous prizes. We look forward to seeing you!

UBC Thrive is an annual week-long event that encourages UBC students, staff and faculty to invest in healthier living. This year, UBC Thrive is November 1-5. For more information, visit [www.thrive.ubc.ca](http://www.thrive.ubc.ca).

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**University of British Columbia**  
Department of Human Resources  
350 - 2075 Wesbrook Mall  
Vancouver, BC V6T 1Z1

#### Benefits Information

UBC Group/Policy/Contract Number for Sun Life - 25205

Member ID/Certificate Number with Sun Life is your 7-digit Employee ID

#### Benefits Inquiries

Call 604.822.8111 or email [benefitsinfo@hr.ubc.ca](mailto:benefitsinfo@hr.ubc.ca)