

It's easy to submit your disability and absence claim online



We make the online claims submission simple and personalized to you and your need for leave.

24/7 easy online submission

Complete sections capturing:

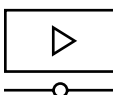
- Information about you and reason for leave
- Employment details
- Time away from work needed
- Medical information

Personalized to you

The experience is personalized to you and your need for leave as each follow up question will be presented based on how you answered a preceding question.

Know what to expect next

- Review and confirm your responses
- Review a summary of next steps
- Note your claim number, which will be useful should you need to contact Sun Life



Do you want to know more? Watch a [step-by-step video](#) of the online claims submission process.