

Contact List from Alight Website and App

We're Here to Help

Pension & Benefits Centre

between 10:00 a.m. and 6:00 p.m., Eastern Time, Monday through Friday

[Chat Online.](#)

or

Call

1-855-722-0355

Contact Us

Review the topics below to determine where to direct your question.

Extended Health Care and Dental Care Coverage

Coverage / claims inquiries	Sun Life	1-866-896-6976
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Life Insurance

Claims inquiries	Sun Life	1-866-896-6976
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Accidental Death & Dismemberment (AD&D)

Claims inquiries	CHUBB Life Insurance Company of Canada	1-877-772-7797
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Critical Illness

Coverage / claims inquiries	Sun Life	1-866-896-6976
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Employee Assistance Program

Coverage/Inquiries	ComPsych	1-866-641-3847
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Savings Plan

Balances / investments	Sun Life	1-866-896-6976
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Defined Contribution (DC) Pension Plan

Balances / investments	Sun Life	1-866-896-6976
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Programs and Policies

Payroll

Pension Payments

Inquiries	Pension Payments	1-855-722-0355
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Illness/Injury Absence

Awards

Global Travel Assistance

Coverage / claims inquiries	Global Excel Management (GEM)	In the US and Canada: 1-800-511-4610; Elsewhere, call collect: 1-519-514-0351; Fax: 1-509-514-0374
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