



Your benefits
online

canada **life**™

Get flexibility in how and where you access your group benefits information with Canada Life's member site: **My Canada Life at Work™**.

Access to your benefits information is easy with My Canada Life at Work.

- Submit claims online.
- Find information on your coverage, balances and claim history.
- Sign up for direct deposit to have your payments go right into your bank account.
- Get text messages or email notifications when claims are processed.
- View, save and print your benefits card.
- Locate the nearest health care providers who can submit claims on your behalf.



Go to mycanadalifeatwork.com to sign in or register.



You can also go to your favourite app store and download the **My Canada Life at Work** app.

Canada Life's health and wellness site: Health Connected

Health Connected makes it easy for you to learn more about improving health on your terms. It's divided into three missions:

- Health risk and health skills assessments give you an overall picture of your health so you know what to focus on.
- Team and solo challenges and virtual adventures help you practice your health skills in a fun, competitive way. Game elements like points and badges help motivate you to try new things to benefit your health.
- A digital health coach helps you build a 28-day plan to help you stay motivated and see results.

Go to mycanadalifeatwork.com, select Resources and then Wellness.

Access to online claims submission for certain benefits depends on your plan design. For more information, contact your plan administrator.

1-800-957-9777 | canadalife.com

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Your information is protected and as always, kept confidential. Your personal responses are not made available to Canada Life or your employer. Once a minimum number of assessments are completed, anonymized and aggregated responses may be used at a group level for reporting purposes, to help us and your employer better understand the health of your organization or to implement health and wellness programs.

Health Connected is powered by MediResource, Canada's leading provider of consumer digital health and wellness solutions. Your personal and confidential information is protected in accordance with applicable privacy laws.

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