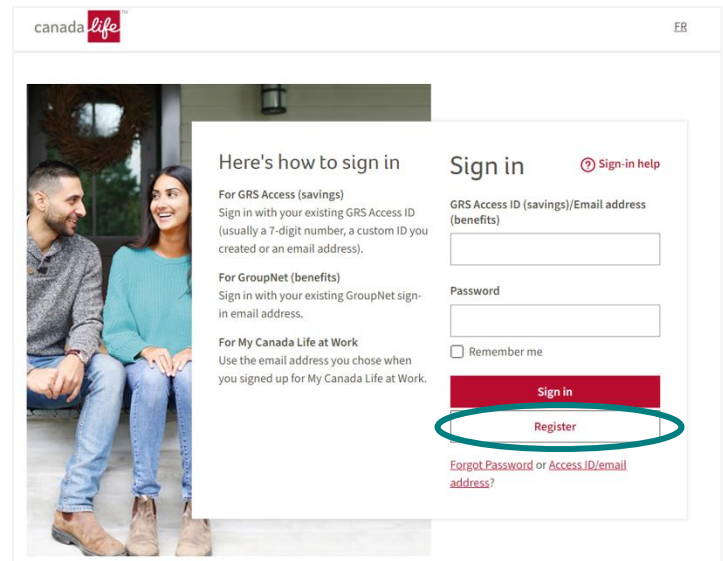


Register for My Canada Life at Work™

for group benefits members

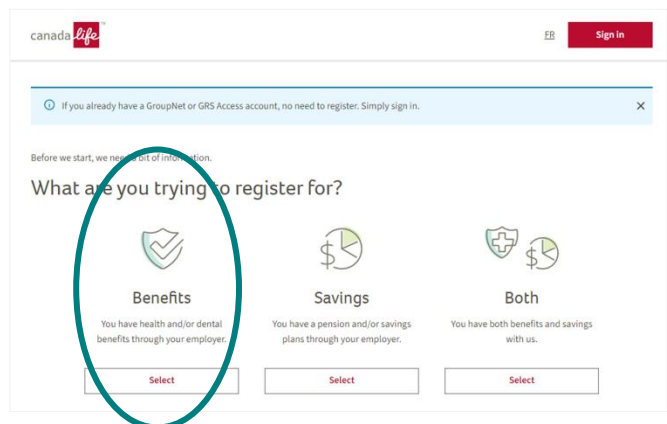
Select Register

Go to mycanadalifeatwork.com and select Register. Bookmark this site so you can get to it easily.



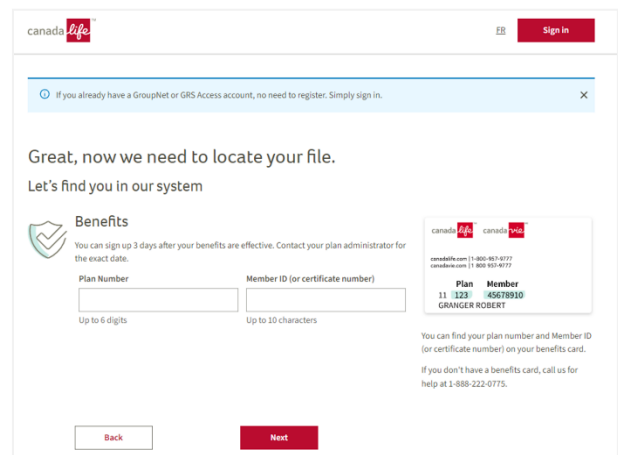
Select Benefits

Since you're registering to manage your benefits plan, select Benefits on this screen.



Enter your plan number and member number

Enter your plan number and member number so we can find you in our system. You can find these numbers on your benefits card. If you don't have a benefits card, call us and we can help you out.



Step 1: Add your personal information

Enter your personal information here. It's important you enter your first name and last name exactly as they appear on your benefits card or you won't be able to set up your account. We use this information to find you in our system. Enter the email address you want to always use to sign in to the website. We suggest you use a personal email address instead of a work email address.

Account registration
Step 1 of 4: Add personal details

All fields required

Personal information

First name Last name

Enter the name as it appears on your health benefits card or savings account statements.

Sign-in details

Personal email address

You'll use it to sign in.

Password Show Confirm password Show

Password must include at least:

- 1 lowercase letter
- 1 uppercase letter
- 1 number
- 12 characters
- 1 of these special characters: ! # \$ % - + = *

Site language

After you finish registering, you'll see the site in the language you choose.

English Français

I agree to the [Terms and conditions](#) and [Privacy guidelines](#). This includes my consent for Canada Life to:

- Improve my experience and provide me with more relevant information and offers by using my personal information.
- Provide documents electronically where available, including product updates, statements, tax information and other relevant materials.

I understand I can easily opt out of receiving documents electronically and certain uses of my personal information by going to Communication preferences in my Profile after I've registered.

To learn more about how we handle your personal information, visit the [Privacy guidelines](#).

Continue

Step 2: Confirm your email address

We'll send you an email to the email address you entered so we can confirm we've got it right. Once you confirm it, you'll be able to sign in and continue your account setup.

Account registration
Step 2 of 4: Confirm your email

FR **Sign in**

Click the link in the email we sent to .

Check your junk folder or resend the email if you didn't receive it.

Resend email

Step 3: Verify your identity so we can set up your account

Enter a few more personal details so we can finish setting up your account.

Setting up your account
Step 3 of 4: Let's make sure it's you

Account information

Products you have with us:

Benefits

Plan number: 012345 Member ID: 1234567

Verifying your identity

We need a few details to confirm that it's you before we move on. Make sure your info matches our records exactly.

Date of birth

Month* Day (DD)* Year (YYYY)*

First name Middle name (initial (optional))

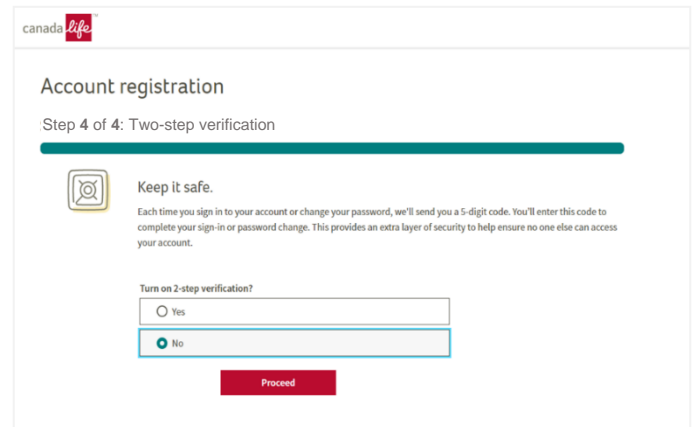
Last name

Postal/Zip code

Back **Next**

Step 4: Decide if you want to turn on two-step verification

If you want, you can turn on two-step verification to keep your account extra safe. If you have it enabled, we'll send you a 5-digit code every time you sign in or change your password.

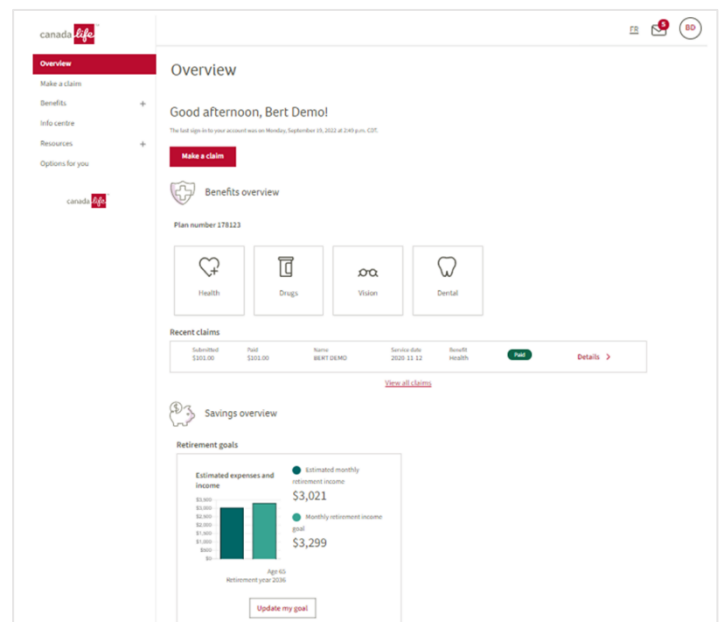


That's it! Here's your Canada Life benefits website

Come here to:

- Submit claims online if your plan allows
- Find info on your coverage, balances and claim history
- Sign up for direct deposit
- Save a digital copy of your benefits card

We're committed to helping you improve your financial, physical and mental well-being. That's why your group benefits website also includes a calculator to help you find out if you're on track with your retirement savings. You enter information about your current lifestyle (so it's easy to figure out) and your dreams of what you'd like to do in retirement. This helps you plan how much to save now to achieve your goals, and you can update it any time.



Questions?

If you have any questions about the website, call Canada Life at 1-888-222-0775, weekdays from 8 a.m. to 8 p.m. ET.