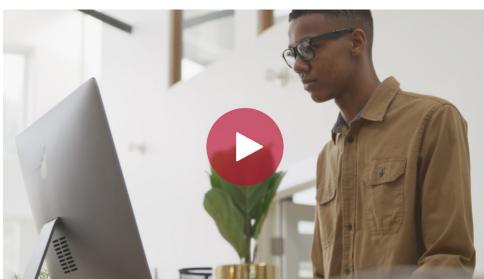


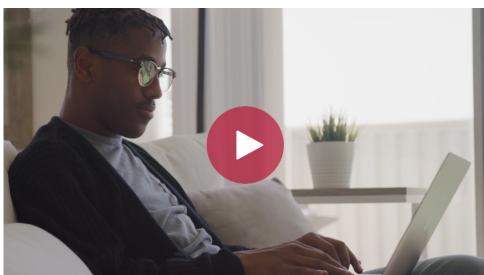


Learn how to use My Canada Life at Work™ by watching these helpful videos.

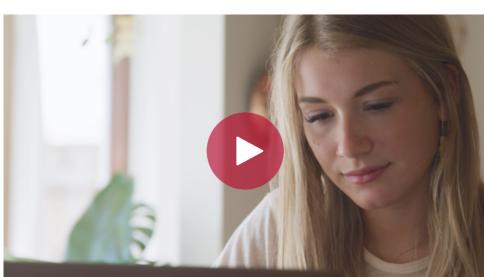
My Canada Life at Work



How to Register



How to Submit a Claim



HOW TO REGISTER FOR CANADA LIFE

HOW DO I REGISTER WITH CANADA LIFE?

Go to my.canadalife.com and scroll down for some helpful info about registering or signing in to your account. If you can't find the answer you're looking for, call Canada Life at 1-888-222-0775, weekdays from 8 a.m. to 8 p.m. ET.

SIGN IN OR REGISTER FOR **MY CANADA LIFE AT WORK™**

Your online account makes it easy to download your benefits card, submit claims, check coverage, set up direct deposit, and more.

1. Get your employee ID from Human Resources.
2. Go to my.canadalife.com to register to submit your claims online and review your coverage and balance details. All you need is:
 - Your name as it appears on your plan documents
 - Your plan number 52361
 - Your member ID

DOWNLOAD THE APP

Once you're signed up for your online account, use the same login info to use our app. Go to your favourite app store and download the **My Canada Life at Work™ Mobile App**.



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