

Moving over to My Canada Life at Work™

for group benefits members

Sign in with your GroupNet™ account info

Go to mycanadalifeatwork.com and sign in with your existing GroupNet for plan members username and password.

This username and password will stay the same for My Canada Life at Work.

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Here's how to sign in

Sign in [Sign-in help](#)

For GRS Access (savings)
Sign in with your existing GRS Access ID (usually a 7-digit number, a custom ID you created or an email address).

For GroupNet (benefits)
Sign in with your existing GroupNet sign-in email address.

For My Canada Life at Work
Use the email address you chose when you signed up for My Canada Life at Work.

GRS Access ID (savings)/Email address (benefits)

Password

Remember me

Sign in

Register

[Forgot Password or Access ID/email address?](#)

Say hello to My Canada Life at Work

You'll see this message when you can set up My Canada Life at Work.



Say hello to My Canada Life at Work!

We've made some improvements to how you manage your workplace benefits or savings.

You and your colleagues will now use My Canada Life at Work instead of GroupNet or GRS Access. We think you'll love the new tools and resources and how easy it is to find everything you need.

You can access it with the same email address and password you've been using to sign in to GroupNet.

Take a minute now to set it up.

Get started

Agree to terms and conditions

You'll be required to accept the website's terms and conditions to continue.

Let's take care of some important legal stuff first

You agree to the [Terms and conditions](#) and [Privacy guidelines](#) for My Canada Life at Work. This includes your agreement that Canada Life can:

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

Your communication preferences will be reset to align with the new terms and conditions and privacy guidelines you're agreeing to. You can easily opt out of receiving documents electronically and certain uses of your personal information by going to Communication preferences in your Profile after you've registered. Please note that even if you agree to go paperless and receive information and offers, your plan may not allow this.

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

Decline
Agree

That's it!

This is what you'll see. My Canada Life at Work is similar to GroupNet. You'll still be able 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

What's new?

We're committed to helping you improve your financial, physical and mental well-being. That's why your group benefits website now 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 base that on 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.