

Register for My Canada Life at Work™

for group retirement and savings members

Check your email for a message from Canada Life

You'll receive an email from Canada Life inviting you to register for My Canada Life at Work, which includes a link that's unique to you and will help you register quickly. Click the link and follow the instructions.

If you didn't receive the email or you deleted it, you can still go directly to mycanadalifeatwork.com to register. You'll need your plan/policy number and certificate number. You can find these on your savings statement you might have received in the mail, ask your plan sponsor for them or you can call Canada Life at 1-888-222-0775, weekdays from 8 a.m. to 8 p.m. ET.

Welcome to Canada Life! You now need to finish setting up your savings plan by registering for My Canada Life at Work. It's where you'll manage the savings you have through your work, set financial goals and more.

After you register, check that your contact info, beneficiaries and investment choices, if applicable, are all up to date.

[Register now](#)

This unique link expires in 90 days. Please do not forward.

If the link doesn't work, copy and paste this link into your browser:
<insert link>

Need help registering? Call us weekdays from 8 a.m. to 8 p.m. ET at 1-888-222-0775.

Have you already registered for My Canada Life at Work? No need to do anything. [Sign in](#) anytime.

THIS IS AN AUTOMATED MESSAGE. PLEASE DO NOT REPLY.

Canada Life Group Services

Add your personal information

Enter your personal information here. It's important that you enter your first name and last name exactly as they appear on your savings statement or you won't be able to set up your account. We use this to find you in our system.

For your sign-in email address, we suggest you use a personal email address instead of a work email address so you can access it any time. Save your username and password in a safe spot so you can get it easily next time you want to check your account.

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.

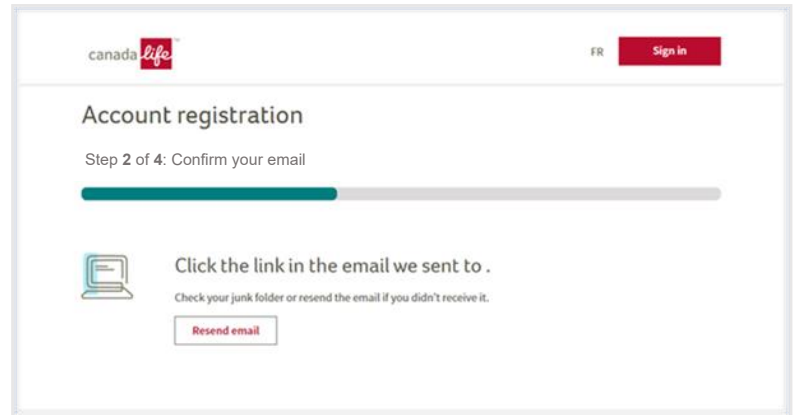
I understand I can easily opt out of receiving documents electronically and certain uses of my personal information by going to Communication preferences in my Profile after I've registered.

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

[Continue](#)

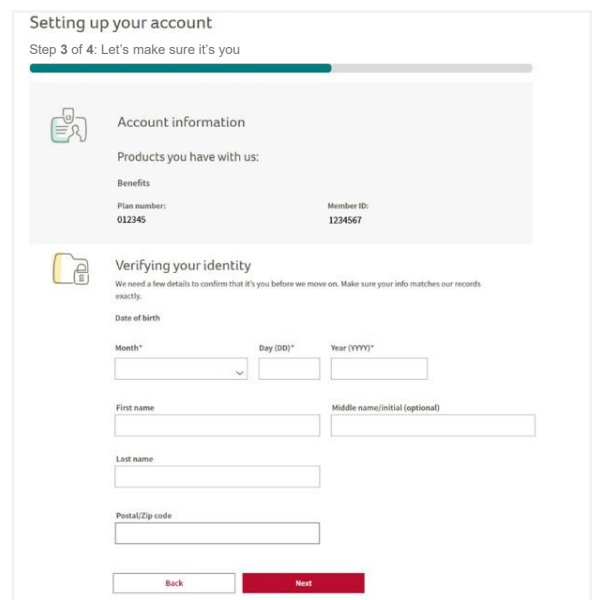
Confirm your email address

We'll send you a confirmation email. Check your email and click the link to confirm it. Then you can sign in with your email address and password to finish setting up My Canada Life at Work.



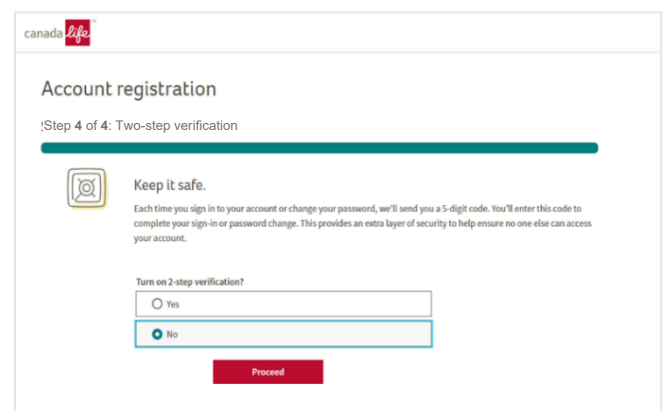
Verify your identity so we can set up your account

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



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 enable, we'll send you a 5-digit code every time you sign in or change your password.

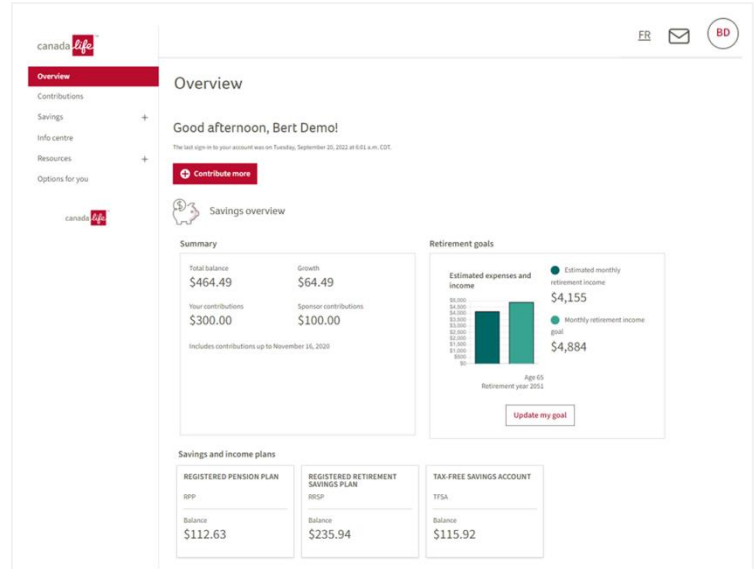


That's it! Here's your Canada Life savings website

Come here to:

- Set up online contributions (if your plan allows)
- See your savings summary overall and by plan type
- Set a retirement savings goal
- And more!

We're committed to helping you improve your financial, physical and mental well-being. That's why under Resources, this website also includes links to our Health Connected (under Wellness) and Workplace Strategies for Mental Health websites (under Mental Health). Health Connected helps you increase your health skills and reduce your health risks. Workplace Strategies for Mental Health is where you'll find tools and resources for workplace mental health and psychological safety.



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.