



Let's help you get easy access to your benefits

With My Canada Life at Work™, you can:

- Submit claims online
- Review your coverage and balances
- Find health care providers near you
- View and save your benefits card
- Get notified when your claims are processed

Let's connect you to your plan



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.

Have questions? Call us at 1-888-222-0775, Monday to Friday 8 a.m. to 8 p.m. ET.