



Manage your benefits and savings online

My Canada Life at Work™ is your group benefits and savings plan website.

Sign in online to easily:

- Submit claims
- Review your coverage and balances
- View, save and print your benefits card
- Get notified when your claims are processed
- Find your total savings balance, including contributions, withdrawals and your plan's growth
- Set a retirement income goal and track your progress
- Manage your savings plan whenever and wherever you want

Let's connect you to your plans



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.