



Manage your group plan online

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

Sign in online to easily:

- Find your total balance, including contributions, withdrawals and your plan's growth
- Set a retirement income goal and track your progress
- Manage your plan whenever and wherever you want

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.