

Accessing Health Connected

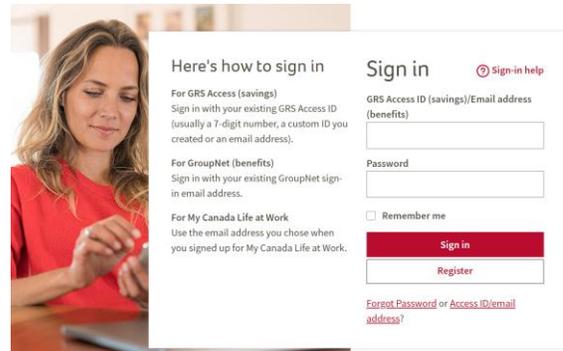
on My Canada Life at Work™

Step #1:

From a web browser, go to mycanadalifeatwork.com and **Sign In**.

Bookmark this site so you can get to it easily.

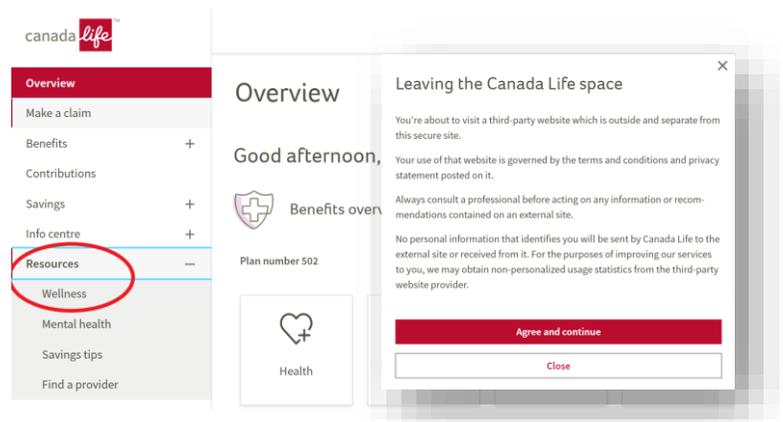
* Note, the site works best on the latest version of these browsers: Google Chrome (preferred), Microsoft Edge Chromium, Mozilla Firefox, Apple Safari.



Step #2:

From the My Canada Life at Work **Overview** page, click on **Resources** then **Wellness**.

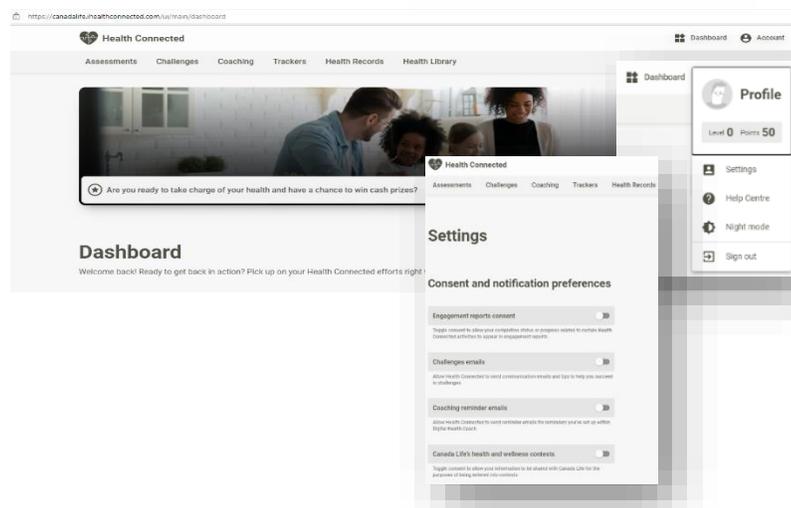
A notification to inform you that you will be visiting a third-party website will pop up. Click **Agree and Continue**



Step #3:

Welcome to Health Connected where you can take charge of your health. You can complete a Health Risk Assessment then participate in one of several Challenges or Digital Health Coaching.

Opt-in for reminder emails in your Health Connected profile settings.



We are currently working on developing an a MY Canada Life at Work app. In the meantime, you can access the website from any device – including a smartphone and tablet. Just open your regular internet browser on your device and search mycanadalifeatwork.com. You can also add it as a shortcut to your devices home screen by clicking the site options button and selecting “add to home screen”.