



LifeWorks

Expert help with life, work and everything in between.

Your benefit plan is made up of a lot more than traditional health and dental coverage. GroupHEALTH includes exclusive access to LifeWorks, your Employee & Family Assistance Program.

WHAT IS LIFEWORKS?

LifeWorks offers 24/7 support with life, health, family, money, work & everything in-between. You can access professional and confidential support, on a variety of personal and work-related topics.

Whether you have questions about handling stress, maintaining relationships, challenges at work, parenting & childcare, managing money, caring for an older relative, or mental health issues, you can connect to LifeWorks for confidential information and support.

WHAT YOU GET WITH LIFEWORKS



24/7 BEST-IN-CLASS COUNSELLING

Access LifeWorks' network of clinical counsellors and certified coaches via phone, chat, video, or in person to help you through life's work and personal challenges, any time, 24/7, 365 days a year.



FIND HELPFUL RESOURCES, FAST

Search the website or mobile app by topic to find the resources you need. Enjoy regular article, video, and podcast updates and recommendations customized for you.



TOOLKITS

Equip yourself to take on life's challenges with action oriented strategies designed to help you succeed

HOW CAN I ACCESS LIFEWORKS?

Because you're a member of a GroupHEALTH Benefit plan, LifeWorks is available to you through the mobile app, website, or over the phone.

Download the mobile app

Search 'LifeWorks' in your phone's App Store, download, log in and enjoy LifeWorks resources on-the-go!

Visit www.LifeWorks.ca


Sign on to the LifeWorks desktop website to check out what LifeWorks has to offer

Call LifeWorks Toll-Free

Call at any time to talk to access personalized support in real time.

1-866-331-6851 | 1-877-371-9978



 LifeWorks	Call us
Expert help with life, work and everything in between.	1-866-331-6851
login.lifeworks.com	Toll-free
User ID <input type="text" value="health"/>	1-877-371-9978
Password <input type="text" value="Support"/>	En français
	1-800-565-9973