

Register for My Canada Life at Work



It's time to register for My Canada Life at Work™ and make the most of your workplace plan.


Tips:

- Use your personal email address when making your account instead of your work email.
- You'll be prompted to set up multi-factor authentication, so having your phone close by will help.

Go to mycanadalifeatwork.com and select Register



FR



Here's how to sign in

For My Canada Life at Work

Use the email address you chose when you signed up for My Canada Life at Work.

For GRS Access (savings)

Sign in with your existing GRS Access ID (usually a 7-digit number, a custom ID you created or an email address).

Sign in

Email address or GRS Access ID

Continue

Register

[Forgot email address or Access ID?](#)

Register for My Canada Life at Work



Select Savings

Before we start, we need a bit of information.

What are you trying to register for?



Benefits

You have health and/or dental benefits through your employer.

Select



Savings

You have a pension and/or savings plans through your employer.

Select



Both

You have both benefits and savings with us.

Select

Enter your plan information

Great, now we need to locate your file.

Let's find you in our system



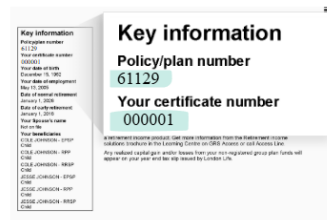
Savings

Plan/policy number

5 digits

Certificate number

Up to 9 characters



You'll find your plan/policy and certificate numbers on your mailed statements, on the second page, under key information. If you received an email inviting you to register here, it may also have this information.

If you don't have a mailed statement or email invitation, call us for help at 1-888-222-0775.

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Register for My Canada Life at Work



Add your information. This will become the email and password you use to sign in

Provide some basic information

All fields required



Name

First name

Enter your name as it appears on your benefits card or savings account statements.

Last name

Enter your name as it appears on your benefits card or savings account statements.



Sign-in details

Personal email address

You'll use it to sign in.

Password

Hide

Retype password

Show

Password must include at least:

- ✓ 1 lowercase letter
- ✓ 1 uppercase letter
- ✓ 1 number
- ✓ 12 characters
- ✓ 1 of these special characters: ! # \$ % - _ = + < >

- ☒ I agree to the [Terms and conditions](#) . This includes my consent for Canada Life to provide documents electronically where available, including product updates, statements, tax information and other relevant materials. I understand I can easily opt out of receiving documents electronically by going to Communication preferences in my Profile after I've registered. I also understand that even if I agree to go paperless, my plan may not allow this.

For Quebec residents: You confirm you were provided with the [Terms and conditions in French](#) . You agree to be bound by the English version.

[Back](#)

[Continue](#)

Register for My Canada Life at Work



Review the Privacy notice and select Continue

Review our Privacy notice

Protecting your personal information

At Canada Life, we're committed to protecting personal information and respecting your privacy. Personal information is information that either on its own or combined with other information allows an individual to be identified. This includes your name and address, as well as more sensitive information such as your health and financial records. When applicable, this includes information about other people such as your spouse, common-law partner, and children.

How we use your personal information

Your personal information is used to provide you with products and services and to improve our business operations. This includes verifying your identity, maintaining your profile, and informing you about features of the products you already have with us. It's also used to provide you with advice, evaluate your eligibility for products, price our products, collect feedback on our customer service, process claims and other financial transactions, protect you and us from risks such as cyber threats and fraud, and comply with legal obligations. If you provided your social insurance number (SIN), we'll use it for tax reporting. Your SIN is also used to link your products together and to keep your information separate from other customers with similar names.

Who we share personal information with

We share your personal information with other people and organizations who help us administer your products and provide you with services. This may include your advisor or people who work with your advisor, our Canadian subsidiaries, and other organizations that provide us services such as technology suppliers. As part of our day-to-day business, your personal information may be communicated to government departments and agencies and may be communicated outside your province of residence or outside Canada. We take protecting your personal information seriously and we'll never sell your personal information to anyone.

You're in control of your personal information

We respect your privacy preferences and follow them when using your personal information. At any point in your relationship with us, you can choose how your personal information is used by updating your privacy preferences through your online account or by submitting a request through our privacy centre at canadalife.com/privacy. This includes choosing whether you receive customer experience surveys, the use of your SIN for non-tax reporting purposes, and whether and how you want to receive information and offers from Canada Life using the personal information we collect from you throughout your relationship with us. You can also exercise other privacy rights through our privacy centre such as access to or correction of your personal information.

If you choose to remove your consent to the collection, use and disclosure of the personal information required to serve you and meet our legal obligations, we will not be able to continue to provide you with products and services.

Want to learn more?

Please visit canadalife.com/privacy.

I understand that my personal information will be collected, used and shared as set out above.

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Continue

Register for My Canada Life at Work



You'll be prompted to set up multi-factor authentication (MFA). Sign in with your new credentials, Continue and Accept the Privacy notice


An even more secure sign-in experience is here

You'll be asked to set up multi-factor authentication to help secure your account (may not apply to some GRS Access users). [Learn more about multi-factor authentication *](#)

Sign in to My Canada Life at Work

View and manage your workplace benefits or savings.

All fields required unless labelled optional.

☒ I'm not a robot 

[Forgot your password?](#)

Continue

Don't have an account? [Register now](#)

Canada Life using the personal information we collect from you throughout your relationship with us. You can also exercise other privacy rights through our privacy centre such as access to or correction of your personal information. If you choose to remove your consent to the collection, use and disclosure of the personal information required to serve you and meet our legal obligations, we may not be able to continue to provide you with products and services.

Want to learn more?

Please visit canadalife.com/privacy.

☐ I understand that my personal information will be collected, used and shared as set out above. *

Accept

Decline

Register for My Canada Life at Work



Verify your identity, then follow the steps to enrol your phone number in MFA or select Try another method to view your MFA options

Verify your identity

We've sent a 6-digit code to the email you provided.


6-digit code *

Continue

Didn't receive an email? [Resend the code](#)

Secure your account

Enter your country code and phone number.
We'll send you a 6-digit code:

 **Canada, CA, +1** >

How do you want to receive the code?

Text message **Voice call**

By providing your phone number, you agree to receive text message and/or phone call notifications for multi-factor authentication from Canada Life. Msg and data rates may apply.

Continue

[Try another method](#)

Register for My Canada Life at Work



You'll need to verify your identity one more time to complete MFA

Verify your identity

We've sent a 6-digit code to the number you've provided.

+1

Edit

6-digit code*

Continue

Didn't receive a code? [Resend the code](#) or [get a call](#)

[Try another method](#)

Complete your registration with personal details and personalized recommendations

Complete your registration
Let's finish setting up your account

Account information

PLANS YOU HAVE WITH US

Plan number
75003

Member ID (or certificate number)
678906

Personal details

Date of birth

Month

Day (DD)

Year (YYYY)

November

01

1980

First name

Middle name/initial (optional)

Last name

Postal/Zip code

N5A 4K1

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Register for My Canada Life at Work



Complete your registration

Receive personalized recommendations

Take advantage of all the benefits of being with Canada Life

Sign up to receive additional product and service recommendations based on your personal information to help improve your financial, physical and mental wellbeing. You can change your mind anytime through your online account. Whatever you choose, we'll continue to send you important information about products and services you have with Canada Life using personal information you've provided to us.

☒ Yes, send me personalized product and service recommendations.

☐ No thanks, just send me info about my products and services.

Please note that even if you agree to receive personalized product and service recommendations, your plan may not allow this.

Continue

Welcome to your My Canada Life at Work dashboard!

canada life

Overview

Contributions

Savings +

Info centre

Resources +

Options for you

canada life

CANADA LIFE DEMO POLICY FOR TESTING

Plan details

Overview

The last sign-in to your account was on Wednesday, October 15, 2025 at 1:00 p.m. ET.

Contribute more

Savings overview

Summary

Total balance

\$328.77

Growth

\$128.77

Your contributions

\$150.00

Sponsor contributions

\$50.00

Includes contributions up to November 16, 2020

Retirement goals

Estimated income and expenses

Estimated monthly retirement income

\$1,326

Monthly retirement income goal

\$3,937

Age 65 Retirement year 2050

Update my goal

For Canada Life members with savings

Register for My Canada Life at Work



Need help?

For support with My Canada Life at Work, call 1-888-222-0775, weekdays from 8 a.m. to 8 p.m. ET.

For general savings inquiries:

1-800-724-3402

Weekdays from 8:00 a.m. to 8:00 p.m. ET