

# Moving over to My Canada Life at Work™

for group retirement and savings plan members

## Sign in with your GRS Access account info

Go to [mycanadalifeatwork.com](http://mycanadalifeatwork.com) and sign in with your existing GRS Access ID and password. This is the same as what you've always used to sign in to your GRS Access account.

## Say hello to My Canada Life at Work

You'll see this message when you can set up My Canada Life at Work.

## Add your personal details

Enter your first name and last name. You'll need to create a new username and password using a personal email address, which you'll use to sign in to your account from now on. We recommend you use a personal email address you always have access to instead of a work email address. Save your new username and password in a safe spot so you can get it easily next time you want to check your account.

## Confirm your email address

We'll send you a confirmation email. Check your email and click the link to confirm it. Then you can sign in with your email address and password to finish setting up My Canada Life at Work.

canada *life* FR Sign in

### Account registration

Step 2 of 4: Confirm your email

Click the link in the email we sent to .  
Check your junk folder or resend the email if you didn't receive it.

[Resend email](#)

## Verify your identity

Enter your personal information as it appears on your savings account with Canada Life so we can verify your identity.

### Setting up your account

Step 3 of 4: Let's make sure it's you

#### Account information

Products you have with us:

Benefits

Plan number: 012345	Member ID: 1234567
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#### Verifying your identity

We need a few details to confirm that it's you before we move on. Make sure your info matches our records exactly.

Date of birth

Month\*      Day (DD)\*      Year (YYYY)\*

First name      Middle name/initial (optional)

Last name

Postal/Zip code

[Back](#) [Next](#)

## Set up two-step verification (optional)

You can set up two-step verification for enhanced security. When you turn this on, we'll email you a 5-digit code each time you sign in to your account or change your password.

canada *life*

### Account registration

Step 4 of 4: Two-step verification

#### Keep it safe.

Each time you sign in to your account or change your password, we'll send you a 5-digit code. You'll enter this code to complete your sign-in or password change. This provides an extra layer of security to help ensure no one else can access your account.

Turn on 2-step verification?

Yes

No

[Proceed](#)

## That's it!

My Canada Life at Work is similar to GRS Access. You'll still be able to:

- See your savings summary overall and by plan type
- Set up online contributions (if your plan allows)
- Change your investment instructions (if your plan allows)
- Set a retirement savings goal
- And more!

## What's new?

We're committed to helping you improve your financial, physical and mental well-being. That's why under Resources, your group retirement and savings website now includes links for our Health Connected (under Wellness) and Workplace Strategies for Mental Health websites (under Mental Health).

Health Connected helps you increase your health skills and reduce your health risks. Workplace Strategies for Mental Health is where you'll find tools and resources for workplace mental health and psychological safety.

## Questions?

If you have any questions about the website, call Canada Life at 1-888-222-0775, weekdays from 8 a.m. to 8 p.m. ET.

The screenshot displays the 'Overview' page of the Canada Life account. It includes a sidebar with navigation options like 'Contributions', 'Savings', 'Info centre', 'Resources', and 'Options for you'. The main content area shows a greeting, a 'Contribute more' button, and a 'Savings overview' section. This section contains a 'Summary' table and a 'Retirement goals' chart.

Category	Value
Total balance	\$464.49
Growth	\$64.49
Your contributions	\$300.00
Sponsor contributions	\$100.00

Includes contributions up to November 16, 2020

Goal Type	Value
Estimated monthly retirement income	\$4,155
Monthly retirement income goal	\$4,884

Age 65 Retirement year 2051

Plan Name	Balance
REGISTERED PENSION PLAN (RPP)	\$112.63
REGISTERED RETIREMENT SAVINGS PLAN (RRSP)	\$235.94
TAX-FREE SAVINGS ACCOUNT (TFSA)	\$115.92