

Moving over to My Canada Life at Work™

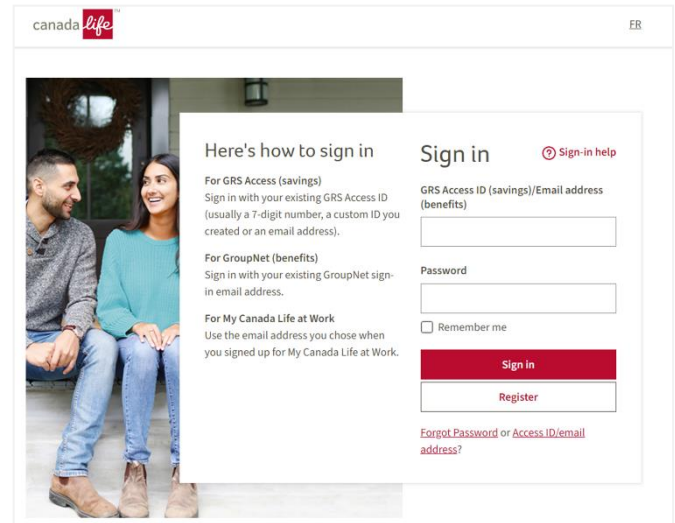
for members with both group benefits and group retirement and savings plans

Sign in with your GroupNet™ account info

Go to mycanadalifeatwork.com and sign in with your existing GroupNet for plan members username and password.

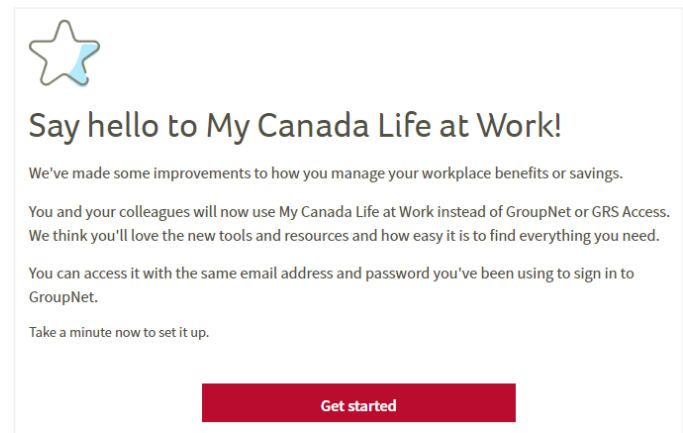
If you have both a GroupNet and GRS Access account and you sign in with your GRS Access information, you'll see a message telling you to sign in again with your GroupNet info.

Your GroupNet username and password will be what you use from now on to access both your benefits and savings information.



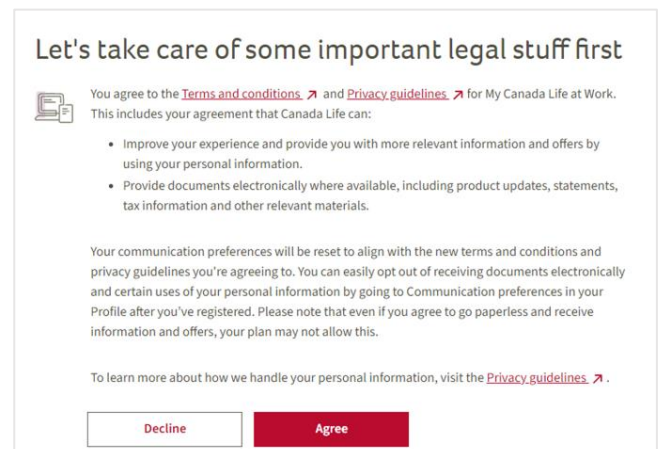
Say hello to My Canada Life at Work

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



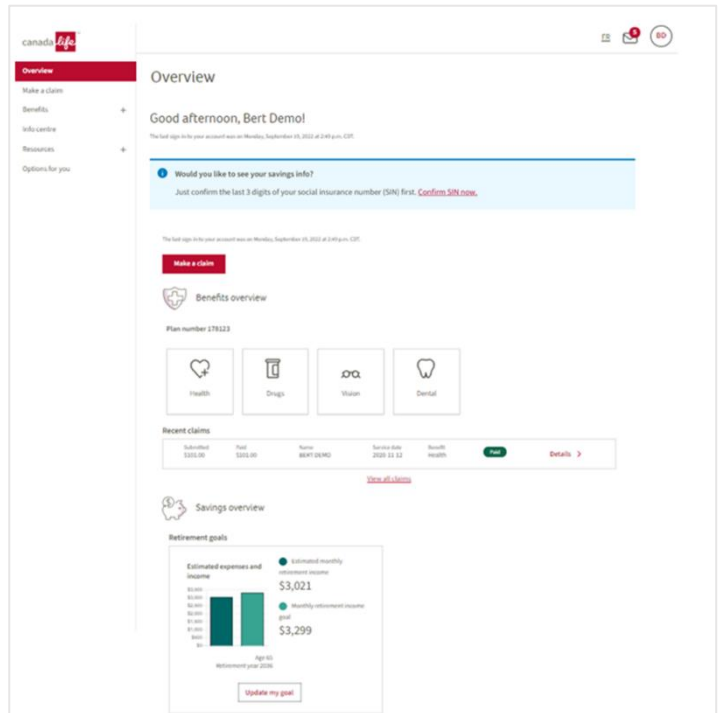
Agree to terms and conditions

You'll be required to accept the website's terms and conditions to continue.



Confirm your social insurance number (SIN) to see your savings information

Enter the last 3 digits of your SIN to see your savings info.

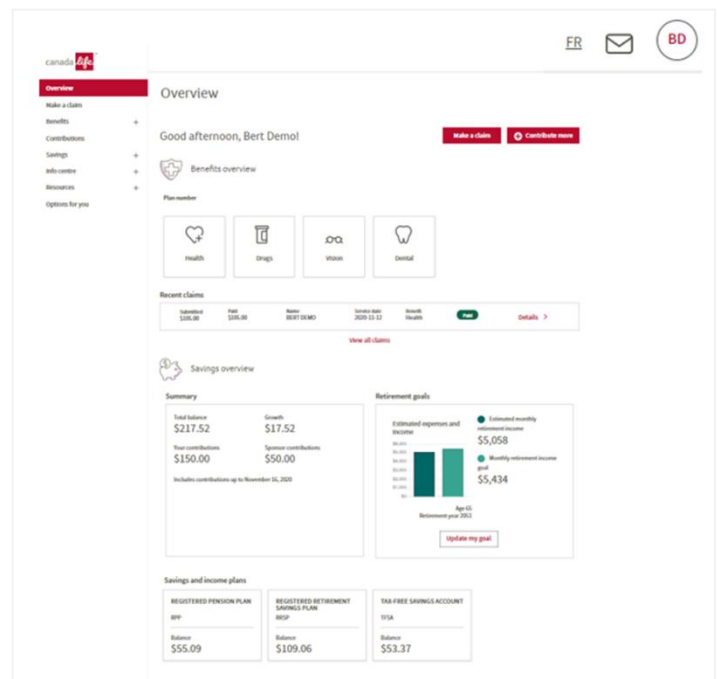


That's it!

My Canada Life at Work has a new dashboard that shows you both your benefits and savings overviews. From now on, you only need to sign in once to see both of your Canada Life plans.

Like on GroupNet and GRS Access, but now all in one place, you'll still be able to:

- Submit claims online (if your plan allows)
- Set up online contributions (if your plan allows)
- Find info on your coverage, balances and claim history
- See your savings summary overall and by plan type
- Sign up for direct deposit for benefits claims payments
- Save a digital copy of your benefits card
- Set a retirement savings goal
- And more!



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.