

# Sign up to the LifeWorks platform!



Sign up to use LifeWorks today and join the rest of your colleagues on the platform to stay connected, take advantage of exclusive perks, and access a wealth of resources to support your mental, physical, social, and financial well-being. You can even invite up to five immediate family members to join you on LifeWorks!

## 01 Get started with our one-time sign-up!



Check your email for an invitation to join LifeWorks!

## 02 Complete your profile



Click on the "Profile" icon (top right hand corner of the Web app, or under "More" on the mobile app) to share information about yourself. You can even upload a photo so your colleagues can put a face to the name!

## 03 Select Snackable Well-being topics!



Snackable Well-being is LifeWorks' unique way of delivering content from industry experts directly to you through the News Feed! To make your topic selections on the Web app, go to "Profile" then click on "Settings", then "Snackable Wellbeing." On the mobile app, click on "More" then the cog, then "Snackable Topics".

## 04 Explore the Life section!



Under "Life," you'll find a wealth of information and resources, including hundreds of online articles, toolkits, podcasts, and more, to help you balance the demands of work and life. If you're feeling stressed, having sleep problems or worrying about your budget, connect with us.



## 05 Stay informed with the News Feed

The News Feed is the platform's online communication tool. It acts like a private network for your organization, enabling you to see news and updates, and access regular well-being content deliveries.



## 07 Invite up to 5 immediate family members!

As a well-being resource, the LifeWorks platform is a great way to support loved ones. Using the Web app, click on the "Profile" icon, scroll to "Profile", then click "Family" to add eligible dependents' email addresses. LifeWorks will then send email invitations to join.

## 06 Make your money go further with Perks!



With Perks, you can save money every single day on most everything you buy! Earn valuable cashback when you shop online through the platform, purchase discounted gift cards, and take advantage of in-store and exclusive offers from top brands and retailers.

### Need help accessing LifeWorks?

For technical support, go to [help.lifeworks.com](https://help.lifeworks.com) to troubleshoot, or click on "Submit a request."

To connect with LifeWorks online: [login.lifeworks.com](https://login.lifeworks.com) or by mobile app.

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Download the "LifeWorks" app!

