



## Your benefits online

Get flexibility in how and where you access your group benefits information with Canada Life's member site: **GroupNet for plan members.**

**Access to your benefit information is easy with GroupNet for plan members.**

- Submit claims online
- Find information on your coverage, balances and claim history
- Sign up for direct deposit to have your payments go right into your bank account
- Get text messages or email notifications when claims have been processed
- View, save and print your benefit cards
- Locate the nearest healthcare providers who can submit claims on your behalf

To register, go to [canadalife.com](https://canadalife.com) and sign in as a member on GroupNet for plan members. There, you can follow the instructions to register.

After you register, you have two ways to sign into your GroupNet for plan members account.



**Canadalife.com**  
Sign in on GroupNet for plan members.



**Download the app**  
Go to your favourite app store and download the GroupNet for plan members app.

# Canada Life's health and wellness site, Health Connected

**Health Connected makes it easy for you to learn more about your health and develop health knowledge on your terms. It's divided into three missions:**

- Health risk and health skills assessments give you an overall picture of your health so you know what to focus on.
- Team and solo challenges and virtual adventures help you practice your health skills in a fun, competitive way. Game elements like points and badges help motivate you to try new things to benefit your health.
- A digital health coach helps you build a 28-day plan to help you stay motivated and see results.

You can find Health Connected on GroupNet for plan members by clicking on Health & Wellness Site.

## A virtual medicine cabinet assistant

**Canada Life's iOS app, DrugHub lets you**

- Search thousands of medications – ingredients, interactions and side effects
- Set reminders for you and your family to take medications on schedule
- Know when medications are running low and when to order refills

The availability of online claims submission for specific types of benefits will depend on your plan design. For more information, contact your plan administrator.

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Your information is protected and as always, kept confidential. Your personal responses are not made available to Canada Life or your employer. Once a minimum number of assessments are completed, anonymized and aggregated responses may be used at a group level for reporting purposes, to help us and your employer better understand the health of your organization or to implement health and wellness programs. Health Connected is powered by MediResource, Canada's leading provider of consumer digital health and wellness solutions. Your personal and confidential information is protected in accordance with applicable privacy laws. Health Connected and the Heart Logo are registered trademarks of MediResource Inc.

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