



# ACTRA

## Welcome to LifeWorks

The innovative LifeWorks is available to ACTRA members to help support their mental, financial and physical wellness. Sign-up for your own account today!

Presented by Morneau Shepell, LifeWorks can be accessed online or through a mobile app\* and offers the following services:

- Feel supported with Employee Assistance: personalize trusted, clinically verified and accessible well-being content to support you through everyday issues and concerns across family, health, life, money and work.
- Feel guided with snackable content: Access exclusive snackable well-being content from the world's leading experts in a variety of formats – articles, videos and podcasts on body, mind, personal finances, relationships and work.
- Feel rewarded with special retail discounts and offers: save money on your purchases no matter how big or small.

For ACTRA members, signing up is easy! Just follow these three easy steps:

1. Click on this **INVITE LINK**

2. Enter your Invitation Code:

For members, the invitation code includes the prefix 'ACT' plus your full ACTRA ID, including the hyphen. For example:

Full Members: ACT-##-#####

Apprentice Members: ACT-AM-#####

Background Members: ACT-EX-#####

3. Click submit!

You will be assigned to the ACTRA group.

*\*The LifeWorks mobile app is available in the Apple App Store (iPhone) and in the Google Play Store (Android).*