
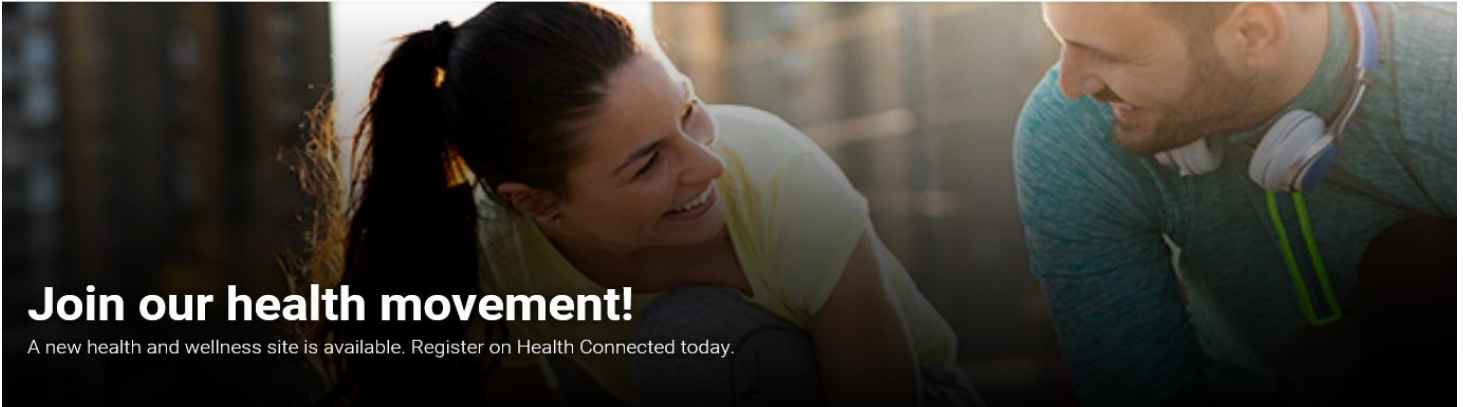


Canada Life's Health Connected Site

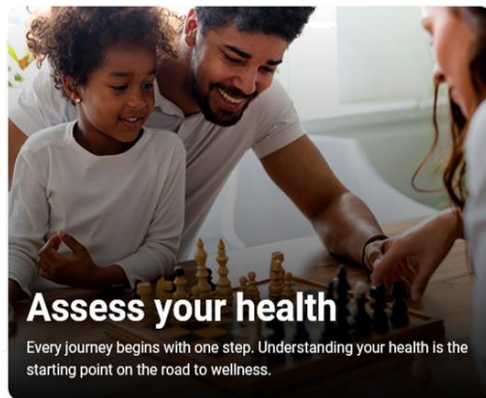
Visit Canada Life's *Health Connected* and discover the benefits of our online health resource for you and your plan members.

 Create account Sign in



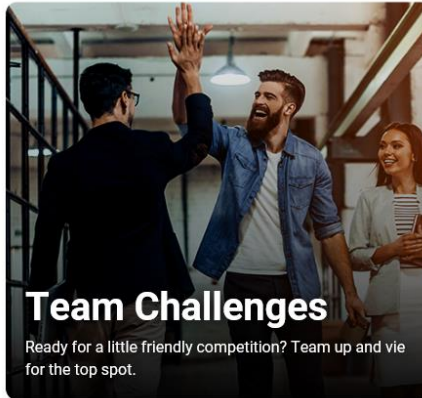
Join our health movement!

A new health and wellness site is available. Register on Health Connected today.



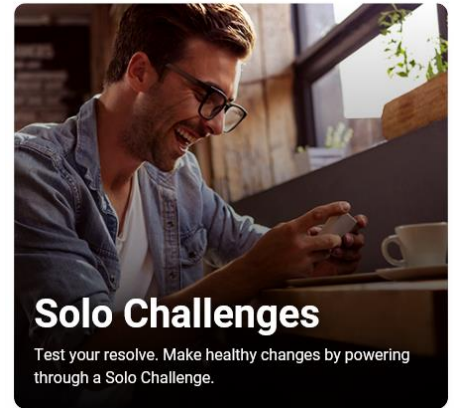
Assess your health

Every journey begins with one step. Understanding your health is the starting point on the road to wellness.



Team Challenges

Ready for a little friendly competition? Team up and vie for the top spot.



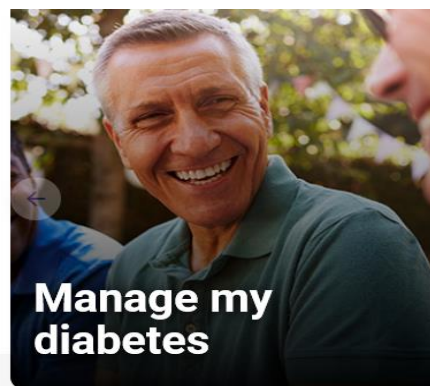
Solo Challenges

Test your resolve. Make healthy changes by powering through a Solo Challenge.



Virtual Adventures

Take your workout global. Go on a virtual tour of the world's great cities.



Manage my diabetes



Manage my depression risk

To access the site please use this link:

English Site: <http://canlife.co/AllenGray>

Employees can access the Health & Wellness site directly via this URL, and once inside, can create their own user ID.

Site Santé et mieux-être de la Canada Vie

Centre d'information santé en ligne

 Mon réseau santé

Créer un compte

Se connecter

Rejoignez notre mouvement de la santé!

Un nouveau site sur les thèmes de la santé et du mieux-être est à votre disposition. Inscrivez-vous à Mon réseau santé dès aujourd'hui.



Pour accéder au site utiliser le lien suivant:

http://canlife.co/AllenGray_FR

Le site Santé et mieux-être de la Canada Vie fournit de l'information fiable et des outils interactifs pour vous aider à prendre des décisions éclairées.