
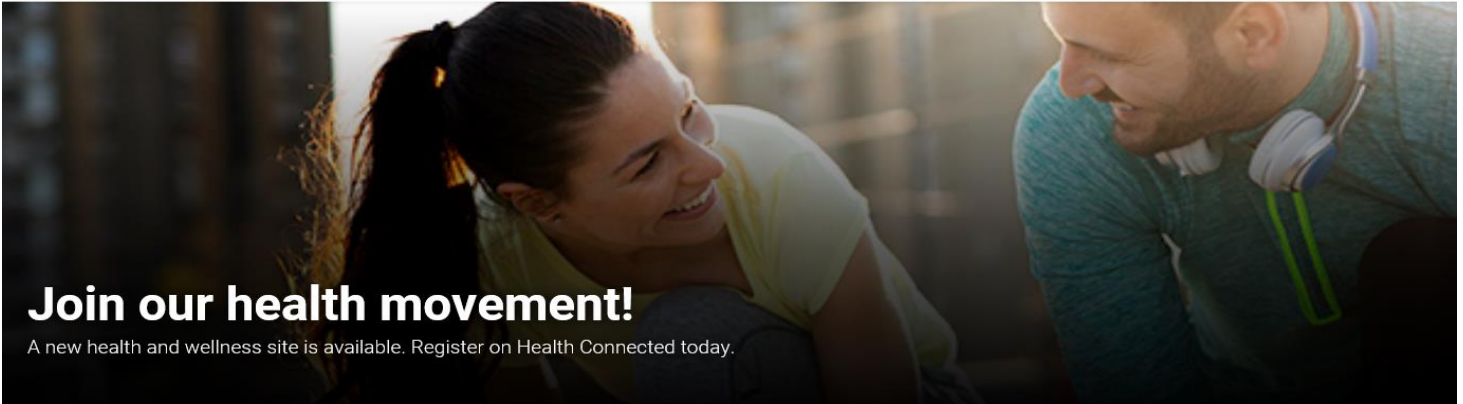


# Canada Life's Health Connected Site

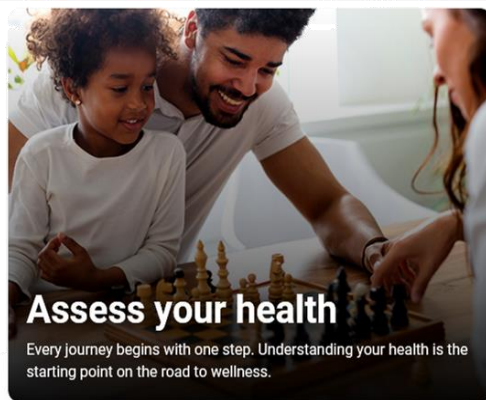
Visit Canada Life's *Health Connected* and discover the benefits of our online health resource for you and your plan members.

 Create account Sign in



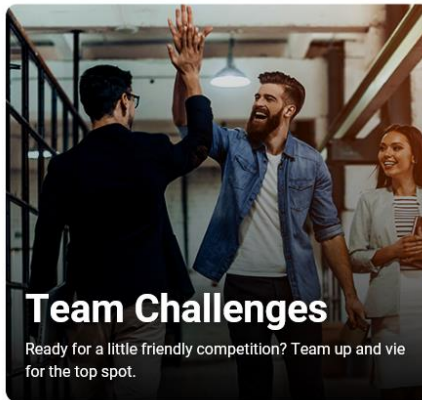
## Join our health movement!

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



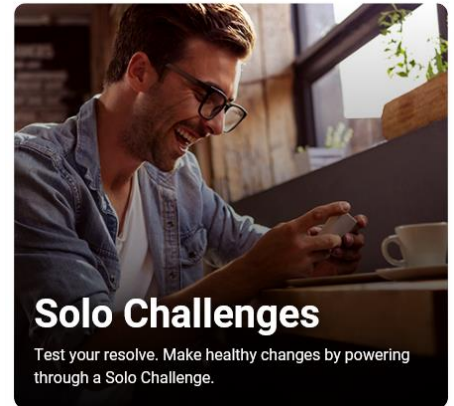
### Assess your health

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.



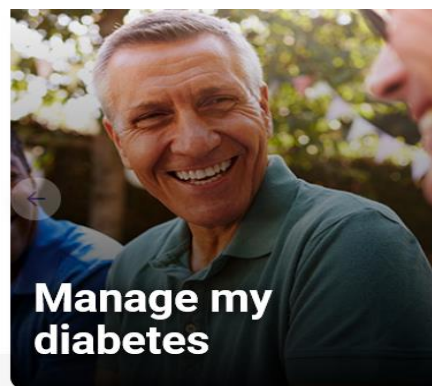
### Solo Challenges

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/Lamont>

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/Lamont\\_FR](http://canlife.co/Lamont_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.