



# Download the LifeWorks app

Feel supported wherever you are!

With the innovative LifeWorks app, you can access qualified support for your mental, physical, social and financial well-being, any time, from anywhere.

- Search for resources and tools on topics ranging from **family and life to health, money and work.**
- Connect to information and updates through the app's **News Feed.**
- Work out from home with **LIFT Virtual Session Fitness.** The virtual fitness classes make working out exciting, easy and efficient.

What's more, the app acts like your digital wallet card. You can call a LifeWorks **Employee Assistance Program (EAP)** advisor with just one tap – toll-free, 24/7 – for expert advice, resources and referrals.

## Download the LifeWorks app today for convenient access to well-being support!

1. Download the free app on Android or iOS – simply search for "LifeWorks".



2. Open the app, click on 'Log in' and enter your log-in credentials.

Username:

Password: