



Your savings
and benefits
Plans are now
delivered by
one provider!

The Canada Post savings Plans have moved from Sun Life and have joined the group benefits Plan under a single provider – Canada Life!

You can now use My Canada Life at Work™ (mycanadalifeatwork.com) to access your Plans information as well as tools and resources available to support your financial physical and mental well-being.

You could win!

The Retirement goals tool on My Canada Life at Work can help you set your goals and track your progress.

Complete the tool before Oct. 31, 2021 and you'll automatically be entered to win one of five \$100 VISA* gift cards!

Visit the Canada Post Welcome site for more information (welcome.canadalife.com/canadapost).



Need help?

Call Canada Life at **1-866-716-1313** Monday - Friday from 8 a.m. to 8 p.m. ET
canadalife.com

