



## Welcome to LifeWorks!

We are pleased to announce you have access to [LifeWorks](#), a confidential Employee Assistance Program (EAP) and innovative well-being resource offering support and guidance for you and your colleagues.

[LifeWorks](#) is available any time by [phone, online, or by mobile app](#) – all at no cost to you, as defined by your benefits plan. [LifeWorks](#) has support and services for your mental, physical, social, and financial well-being. The program consists of 3 sections: Life, Work and Perks.

### Life

Every day brings changes and challenges. [LifeWorks](#) can support you and your dependents with almost any issue, whether related to health, family, money, work, or anything in between. If you have questions about handling stress, maintaining relationships, dealing with changes at work, parenting and childcare, managing your money, caring for an older relative, or health issues like losing weight or giving up smoking, you can turn to [LifeWorks](#) for answers. You can speak confidentially to one of their trained consultants – they have the knowledge and experience to offer support and strategies for work-life issues. They can connect you to counselling, set up consultations (legal, financial, parenting, eldercare, etc.) and refer you to helpful agencies and organizations in your community.

### Perks

Perks is the place to help you save and earn cashback when shopping. With a huge range of retailers, there's something for everyone.

- [Shop Online](#) - Browse hundreds of retailers and follow LifeWorks' special link to earn cashback on your purchase. Watch your cashback grow or transfer it into your PayPal account. You can also purchase discounted digital gift cards right from the platform!
- [In-Store and Exclusive Offers](#) - gives you great deals and discounts on in-store and online purchases all in one place. You can browse offers in the In-Store and Exclusive Offers tabs. Simply click on the offer you are interested in for details of how to redeem it.

## 3 easy ways to connect with LifeWorks:

LifeWorks makes it easy. Call them, go online, or download their app to access information and resources.

- 1) Online at **[login.lifeworks.com](http://login.lifeworks.com)**: Access hundreds of articles, recordings, eBooks, and online toolkits.
- 2) **By free mobile app for iOS or Android**: Access support and resources on the go from your smartphone. Look for the cursive “blue L” when searching **LifeWorks** in the App Store or on Google Play. Need to connect with a consultant? With the app, you can call us with just one tap!
- 3) **By toll-free number**: You can call **LifeWorks** any time 800-433-7916, 24/7, 365 days a year, to speak with an advisor. A caring, professional member of the team will help you talk through your concerns and help you find solutions.

## Find answers, fast

As with any new program, there are bound to be questions. Be sure to visit [help.lifeworks.com](http://help.lifeworks.com) for answers to your questions, technical support and the ability to submit a request to the LifeWorks Customer Support Team.

## Launching Today!

- Register to gain access to your new LifeWorks platform via the Shared Login/Password
- Shared Login: **MUW** Password **muweap**
- Download the corresponding app to use LifeWorks on the go. The app is available in Apple and Android app store (look for LifeWorks: Work Angel Technology).
- Invite your dependents to join LifeWorks once you have created your account by visiting the “Family” section under your profile, which can be accessed in the top-right corner once logged in.

## LifeWorks is here for you, whenever you need them, day or night.

Online: [login.lifeworks.com](http://login.lifeworks.com)

Toll-free: 1-800-433-7916

Service in Spanish: 1-800-433-7916

TTY: 1-800-772-0997

**Download the free “LifeWorks” app today!**

