



## COVID-19 update

*As the COVID-19 situation continues to evolve, Canada Life is here to support you. In this issue, learn about some valuable resources designed to help you successfully navigate this challenging time.*

## Free resources to help you with your mental and financial health

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### **Stronger together**

COVID-19 has changed everyone's lives, but it hasn't affected the values that make us Canadian. As communities across the country come together to help each other, we stand with you ready to support you and the people you love.

With a focus on making sure the people you love are coping, you can sometimes forget yourself. Use our free tools and information to help you and your family get through these unprecedented times. We're here for you and we'll get through this together.

### **Free professional credit counselling**

If you're experiencing financial stress or need some financial tips and resources, speak with a certified credit counsellor over the phone. The [Credit Counselling Society](#) is a non-profit service available to help you manage your expenses during challenging times. You'll get confidential one-on-one financial coaching. In addition, their debt management program is now free for Canada Life members until June 30, 2020. If you're in Quebec or the Atlantic provinces, contact [Credit Counselling Services of Atlantic Canada](#).

### **Mental health resources and strategies**

Whether you need some help at work, or for you or your family's well-being, Canada Life's [Workplace Strategies for Mental Health](#) website has lots to offer. Get free tools and information to help support your mental health and safety. You'll find a new series of videos and blogs about managing anxiety around coronavirus, exercises for stress reduction and deep relaxation, and much more.

### **Toolkits and tips**

Get tips and tools for coping and building resiliency – from talking to your children to physical distancing, managing a team during COVID-19 and more. Get the help you need during the ever-changing reality that we're facing. Visit [Morneau-Shepell's Toolkit for individuals](#) to learn more.

### **Personalized COVID-19 assessment and updates**

Get accurate and personalized info from trusted Canadian medical sources about COVID-19. Try [Chloe](#), a new virtual automated assistant from virtual healthcare provider, Dialogue. Answer a few quick questions and get information about potential risks, travel history, and pre-existing conditions that could be linked to COVID-19.

### **More paperless features coming soon**

GroupNet is the best way to stay connected with us and access your benefits. Sign in to GroupNet to check your plan coverage or submit claims online. We're working hard to introduce even more features in the coming weeks that will help you go fully paperless and ensure you can keep accessing the benefits you need.

You can also download our mobile app. Look for GroupNet in the App Store and Google Play.

### **We're here to serve you when you need us most**

In these rapidly changing and times, we want you to you know we're thinking of you, we're here for you and we're working to serve you.