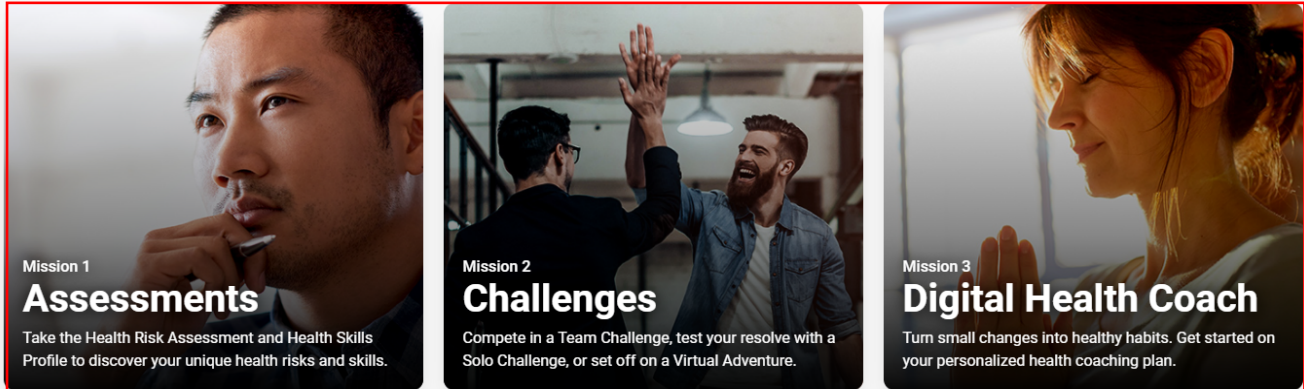


Canada Life: Free Wellness Resources

Just log into your Canada Life account and go to "Resources" and select "Wellness".

Click on the image below to log into your account



The image displays three mission cards arranged horizontally, each with a background image and text. The first card shows a man thinking, the second shows two men high-fiving, and the third shows a woman looking thoughtful.

Mission 1
Assessments
Take the Health Risk Assessment and Health Skills Profile to discover your unique health risks and skills.

Mission 2
Challenges
Compete in a Team Challenge, test your resolve with a Solo Challenge, or set off on a Virtual Adventure.

Mission 3
Digital Health Coach
Turn small changes into healthy habits. Get started on your personalized health coaching plan.