



New Year – New You?

Is your resolution to focus on your health? Great! *Every new year, your annual benefit maximums* start over*, just in time to support your goals.

While it's easy to look forward to the year ahead, don't forget to submit your leftover claims from 2023! Confirm your coverage and submit expenses online today through your *My Canada Life at Work* profile.

Can't find your claim in the "Select claim type" section? Scroll a little further down to "Estimates and other claims" to upload and submit your expenses through the site this way.

**Deductibles also start over at the beginning of every year. Access your profile through the [My Canada Life at Work](#) site today.*