



What is LifeWorks?

LifeWorks is an exciting and innovative well-being solution that employees everywhere love to use! LifeWorks supports your mental, physical, social, and financial well-being to help you be your best and most productive self.

LifeWorks includes 24/7 access to a confidential employee assistance program (EAP), connections to your workplace community with communication and recognition tools, and exclusive perks and savings. LifeWorks is everything you need to support your well-being -- at work and at home.

How do I access LifeWorks?

Your administrator will send you instructions about the sign-up process. Signing up to LifeWorks will be via one of the following methods:

- **By email invitation:** Keep an eye on your inbox for an invitation email from LifeWorks with your unique code to sign up and just follow the steps in the email.
- **By self-sign up:** Either access login.lifeworks.com or download the app from the App Store or Google Play (search for "LifeWorks"). Click on the "Sign up" button and enter your unique employee identifier.
- **By single sign-on:** Single sign-on allows for a more unified account process. Your LifeWorks account details will be linked to an existing core platform determined by your administrator. (For example, this could be an intranet or your benefits platform.) To access LifeWorks, simply log in with your existing core platform credentials.

