

Your Employee Assistance Program is excited to introduce you to the LifeSpeak app!

Now you can get the expert information you trust from the device you always have with you.

The app gives you the same amazing expert-led content, along with brand-new features:

- Download videos for offline viewing
- Stream podcasts; no need to download them
- Participate in Ask the Expert web chats right from your phone
- Manage your account from the app
- Earn points and badges for any activities you engage in either on the app or on the LifeSpeak website (watching videos, reading tip sheets, participating in a web chat, etc.)
- Join leaderboard (anonymously) to measure your activity against your peers'

App FAQs

Is the app free?

Yes, it is offered free of charge as part of your Employee Assistance Program.

Is my activity on the app confidential?

Absolutely, 100% confidential at all times. We are committed to our users' privacy.

Can I use the same personal account I created on the LifeSpeak website to access the app?

Yes, and vice versa.

Can my family members download the app?

Yes! We truly hope they do!

How do I download a video for online viewing?

Go to LEARN, select a video series, then tap the download symbol.

Where do I find my downloads?

You can find your downloads by selecting 'More' at the bottom of the screen, and then tapping 'My Downloads'.

Access Through
Group Account.

Client Name
canada

Client Password
canada

