



Welcome to LifeWorks

LifeWorks (previously known as Posaction Plus) provides tools to improve your mental, physical, social and financial wellbeing. You and your family will have access to counselling and resources that are totally confidential, 24/7.

- Up to 12 hours of counselling during the school year (September 1 - August 31)
- Call or chat online to book a service or for immediate clinical consultation, 24/7
- Access to articles, videos, podcasts, assessments, toolkits and so much more

LifeWorks is included as an add-on in your long term disability (LTD) group plan. Therefore, there are no out-of-pocket expenses for using the services and no receipts to submit.

To learn more, check out [this video](#).

Getting started with LifeWorks is easy!

1. Download the app or visit otiptl.lifeworks.com.
2. Log in with the username and password below.



To get the help and support you need, you can call 24/7:

1-800-668-0193

To connect with LifeWorks online: otiptl.lifeworks.com or by mobile app

Username:

Lifeworks1

Password:

@OTIPTL123

For technical support, visit help.lifeworks.com, and submit a request.

* Dependants as defined by your benefits plan.

© 2021 Morneau Shepell Ltd

Apple and the Apple logo are trademarks of Apple Inc., registered in the US and other countries. App Store is a service mark of Apple Inc., registered in the US, and other countries. Google Play and the Google Play logo are trademarks of Google Inc.