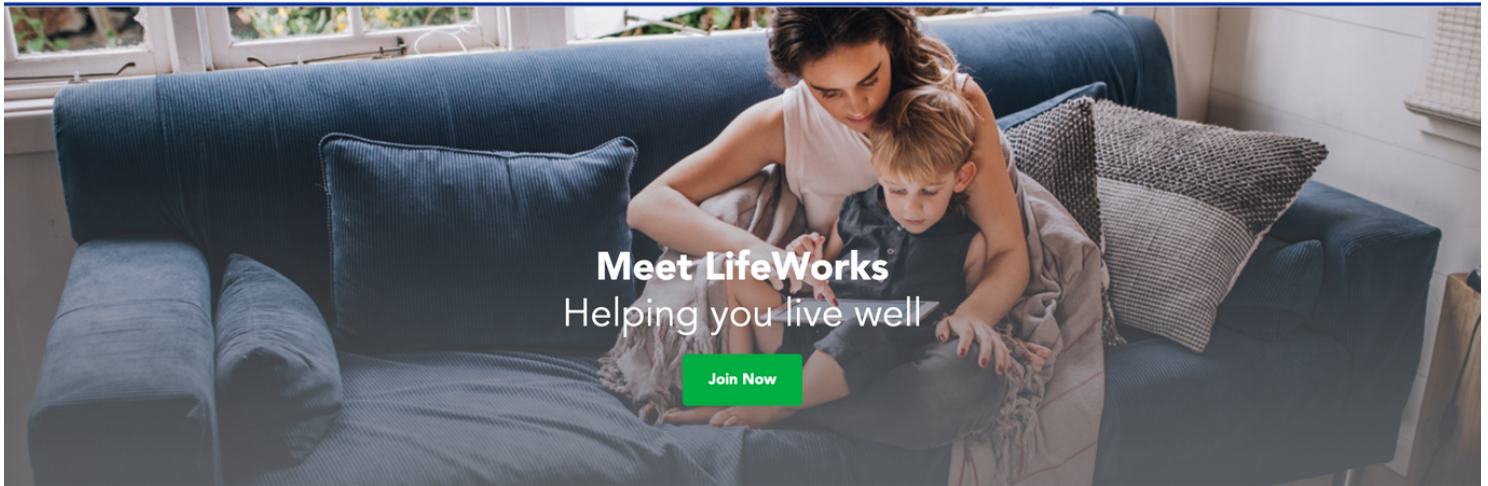


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LifeWorks Promotion
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MEET LIFEWORKS - INTRO EMAIL



Meet LifeWorks

Helping you live well

[Join Now](#)



GMS has you covered for everyday health needs and medical emergencies - but that's not all. We believe in helping you live well with **free access** to LifeWorks - an award-winning total wellness program.

How can LifeWorks help you?

LifeWorks is here to help you improve your mental, physical, financial and social wellbeing. Online, through the app, or over the phone, you'll have access to total wellness solutions whenever you need it.



Assistance Program

LifeWorks gives you 24/7 access to confidential consultations with expert advisors and referrals to mental health professionals. Connect with them anytime by calling [1.833.347.7289](tel:1.833.347.7289). They can help you with a wide range of personal and family challenges. You can also connect with expert advisors such as financial and legal professionals.



Wellness Program

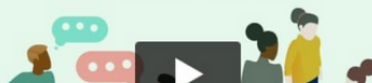
LifeWorks Total Wellbeing will inspire you to take a proactive approach to making positive health and lifestyle changes through assessments, challenges, tools and personalized recommendations. Plus, a wealth of online resources like articles, podcasts and tools.

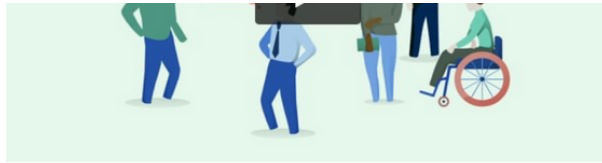


Perks & Savings

As part of the Wellness Program you can improve your financial wellbeing with savings on everyday purchases, as well as important life events like getting married, home renovations or purchasing a home or car. Enjoy thousands of gift-cards, in-store and online discounts as well as cashback offers paid directly to you.

We want to inspire and nurture your wellbeing every single day, wherever you are on your journey





Get started in 3 easy steps

Start your wellness journey today by creating a **LifeWorks Wellness Account**.

1. Click join now below or download the LifeWorks app.
2. Enter your one-time invitation code using your GMS ID Number (i.e. GMS-1234).
3. Create a password. You'll use this password and your email address to login.

[Join now](#)



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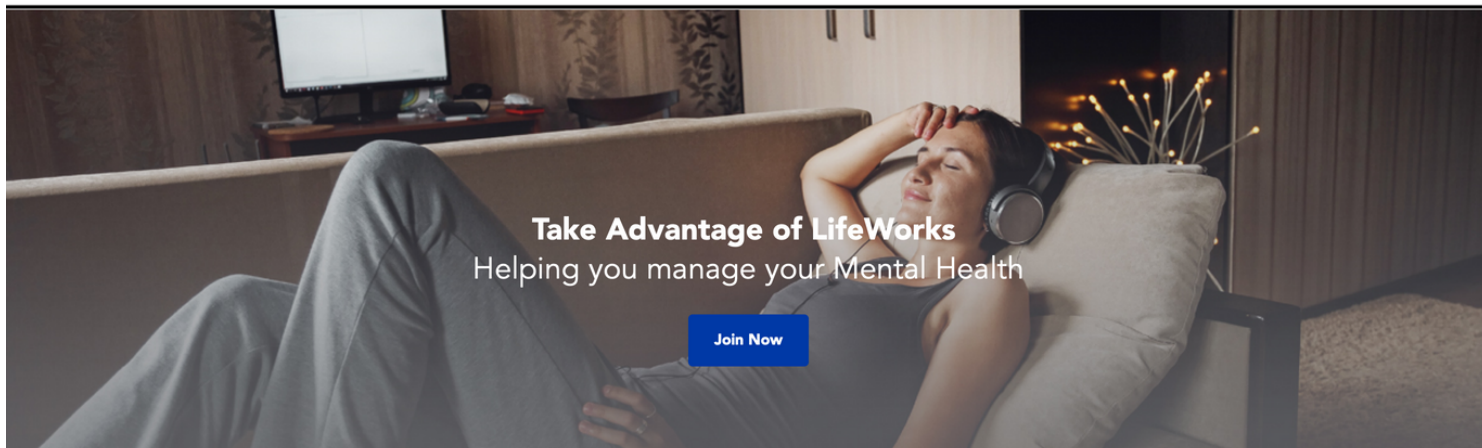
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Take Advantage of LifeWorks

Helping you manage your Mental Health

[Join Now](#)

Mental Health Week is May 2nd - 8th. Did you know LifeWorks offers support for mental health for you and your immediate family members? Whether you're struggling with mental illness or looking for a way to care for your mind and body, LifeWorks can help.

Get started in 3 easy steps

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3. Create a password. You'll use this password and your email address to login.



[Join Now](#)



How can LifeWorks help you?

Online, through the app, or even over the phone – check out these award-winning resources.

Assess your mental health

Many of us feel sad, anxious or stressed at times, but persistent issues can become a larger mental health issue. Take the LifeWorks Mental Total Well-being Assessment to understand your mental health.

[Start the Assessment](#)

Manage stress & anxiety

Being busy isn't always a good thing, especially when it comes at the cost of your mental health. Learn how to manage stress and anxiety with the support of LifeWorks CareNow Programs.

[Get Started](#)

Speak to a professional

When it comes to managing mental health, sometimes we need professional support. Speak with qualified advisors through the confidential LifeWorks Assistance 24/7 Support Line. Just call [1.833.347.7289](tel:1.833.347.7289).

[Learn How](#)

LifeWorks Users get Rewarded!

Everyone who gets rewarded.

Every LifeWorks user is entered into a draw to win a LifeWorks Yeti coffee mug! Sign up before May 31st to be entered in.
Haven't signed up yet? It only takes a few minutes!



1. Click on the button below or download the LifeWorks app.
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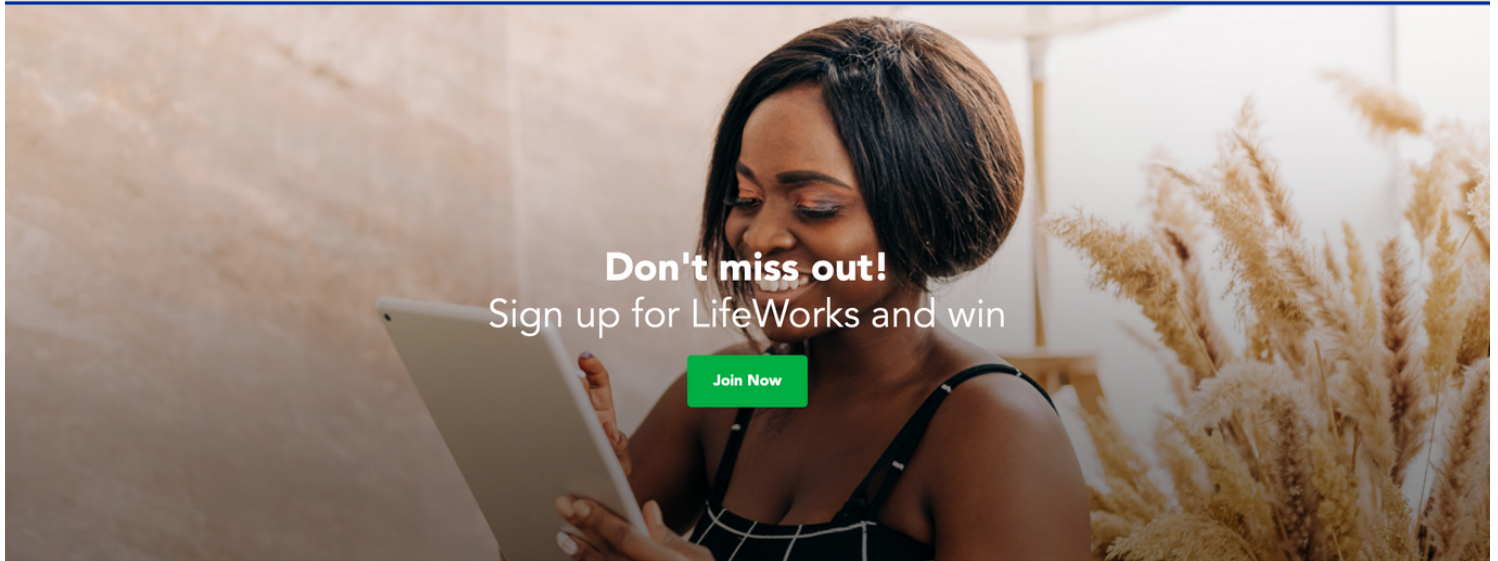
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Don't miss out!
 Sign up for LifeWorks and win

[Join Now](#)



GMS has you covered for everyday health needs and medical emergencies - but that's not all. **We believe in helping you live well with access to LifeWorks - an award-winning total wellness program.**

Bonus!

Create your LifeWorks Profile between now and December 16, to be entered into a draw to win a LifeWorks Swell water bottle or Yeti coffee mug!

[Create a profile](#)

How can LifeWorks help you?

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Assistance Program

Get 24/7 access to confidential consultations and referrals to mental health professionals or connect with expert legal and financial advisors.



Wellness Program

Make positive health and lifestyle changes through articles, podcasts, challenges, assessments, tools and personalized recommendations.



Perks & Savings

Save on everyday purchases. Enjoy thousands of gift-cards, in-store and online discounts as well as cashback offers paid directly to you.

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3. Create a password. You'll use this password and your email address to login.



[Join now](#)



LifeWorks User Guide

Interested in learning more about LifeWorks? It couldn't be easier. Just click the button below for more details.

[Read more](#)

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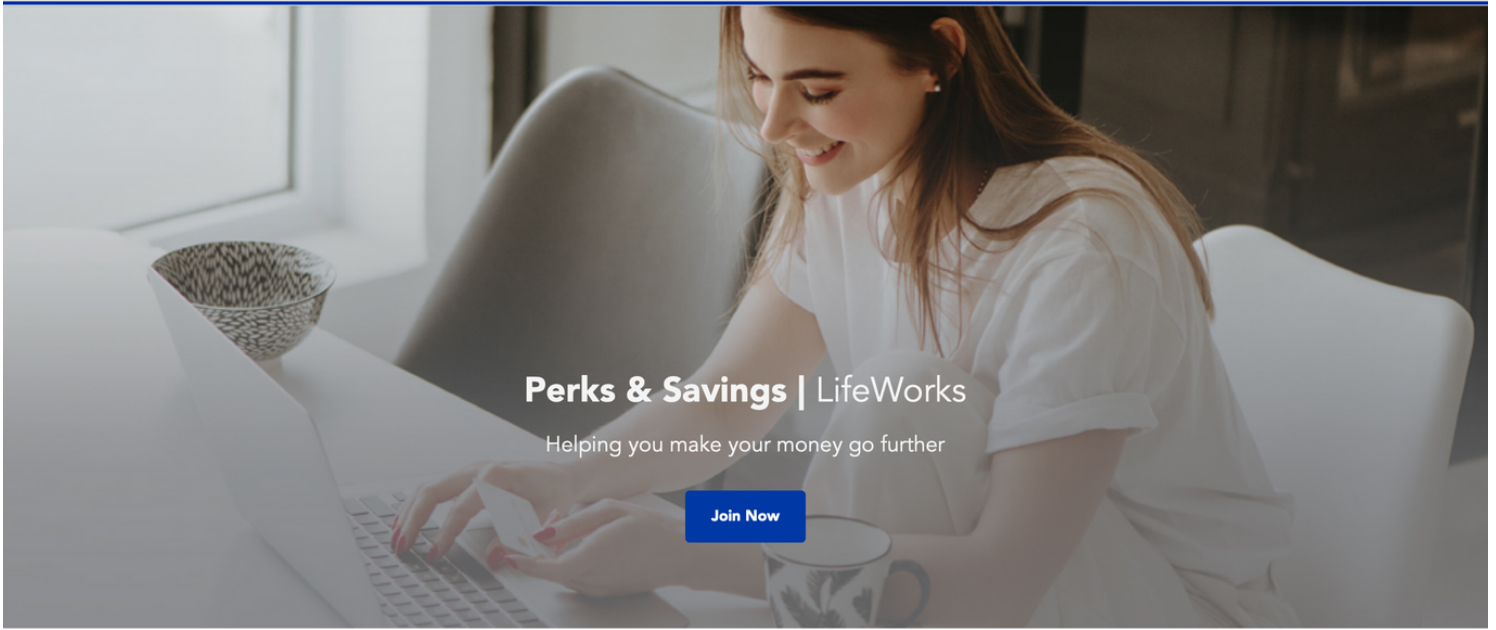
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LIFEWORKS PROMOTIONS



Perks & Savings | LifeWorks

Helping you make your money go further

[Join Now](#)

Whether you're just starting out in your career or planning for retirement, finances play a major role in your mental health. **We want to help you make your money go further in every area of your life with exclusive perks and savings that are part of the LifeWorks benefit included with your Personal Health Plan.** You can improve your financial wellbeing with savings on everyday purchases, as well as important life events like getting married, home renos or purchasing a home or car.

3 ways to earn and save



1. Exclusive Offers

LifeWorks delivers big savings through online coupon codes made just for users.



2. Online Cashback

Get cashback every time you shop online through LifeWorks! Browse hundreds of offers on LifeWorks and follow exclusive links to earn cashback on purchases.





3. Discounted Digital Gift Cards

LifeWorks Gift Cards are quick and easy to use. And if you download the LifeWorks app, you'll have access to discounts whenever you need them. To download the app now, search "LifeWorks" on the [Apple App Store](#) or [Google Play Store](#).

Your Perks & Savings are waiting

Head to the Perks section of your LifeWorks Wellness Account and start browsing the hundreds of offers available. Once you've found a perk you're interested in, click on the offer and follow the instructions to redeem it.



Start Saving with LifeWorks

Ready to start taking advantage of those Perks & Savings? Simply sign up for your free LifeWorks Wellness Account in just 3 easy steps:

1. Click Get Started below or download the LifeWorks app.
2. Enter your one-time invitation code which is your GMS ID Number (*Tip: Make sure to enter GMS and a dash symbol before your GMS ID number, for example: GMS-1234*).
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[Get Started](#)



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Gift Ideas for Dad | LifeWorks

Save with LifeWorks Perks

[Join Now](#)

Father's Day is June 20! Not sure what to get?

Whether the dad in your life loves to fish, read a good book, enjoys a round of golf, or has a new tool on his wish list, a gift card is the perfect solution! **Save up to 15% on digital gift cards when you purchase through the Perks section of your LifeWorks Wellness Account.**

[Start Shopping](#)



Sign up for free and start saving!

Login or create your LifeWorks Wellness Account today:

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2. Enter your one-time invitation code which is your GMS ID Number (*Tip: Make sure to enter GMS and a dash symbol before your GMS ID number, for*



example: GMS-1234).

vetemail@qinet.gms.ca or 1-800-667-3699

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LIFEWORKS NEWSLETTER



February is heart month!

No – we’re not talking about Valentine’s day... We’re talking about the importance of being heart healthy. It may surprise you, but 80% of premature heart disease and stroke cases are preventable through healthy lifestyle behaviours. Just a few daily changes can make a huge difference. LifeWorks is here to help with heart healthy habits, resources and challenges!

3 heart healthy habits



1. Get Regular Exercise

Your hearth is a muscle! Make sure you’re working it regularly by getting your heart rate up. Aim for 30-60 minutes of aerobic exercise a few times per week. This will help keep your heart strong and working efficiently.

Here’s how to get started. Take the [LifeWorks Physical Well-Being Assessment](#) to understand where you’re at. Then start planning your heart-healthy workouts with [LifeWorks LIFT Session Fitness](#).

2. Eat a Balanced Diet

This isn’t about counting carbs. It’s about eating foods that are good for your heart. Build your meals around whole grains, fruits and veggies, low-fat dairy, poultry, fish and nuts. Avoid red meat, processed foods or high sodium. And of course, drink lots of water!

Feeling overwhelmed? Start small. Focus on trading one or two healthier habits for a month with the [LifeWorks Eating Habitude](#). Add new habits as you get comfortable.

3. Aim to Stress Less

It’s important to take time for yourself to relax and recharge. Try some of these tips to help you manage stress.

It may surprise you, but stress isn't just mental. On-going stress leads to high blood pressure and is linked to increased chances of cardiovascular disease. Unfortunately, stress is a regular part of life. So, it's important to find effective ways to deal with stress like meditation or yoga.

Staying calm is easier said than done. Take advantage of the [LifeWorks Care Now Stress program](#) for guided support in learning practical skills to effectively deal with stress.

Recommended Resources

Get out more resources from LifeWorks to keep your heart strong and healthy. Login to read more.

Heart Smarts: Quick Tips to Stay Heart Healthy.

[Get Started](#)

Are You at Risk for Heart Disease?

[Find Out](#)

Health Tips for Young Adults: Managing stress and behaviour.

[Learn How](#)

Sign up for LifeWorks

Take advantage of free, personalized resources for improving your mental, emotional and financial well-being. Get access to assessments, coaches and programs to get you started.

1. Click the button below or download the LifeWorks app.
2. Enter your one-time invitation code which is your GMS ID Number (*Tip: Make sure to enter GMS in upper case letters and a dash symbol before your GMS ID number, for example: GMS-1234*).
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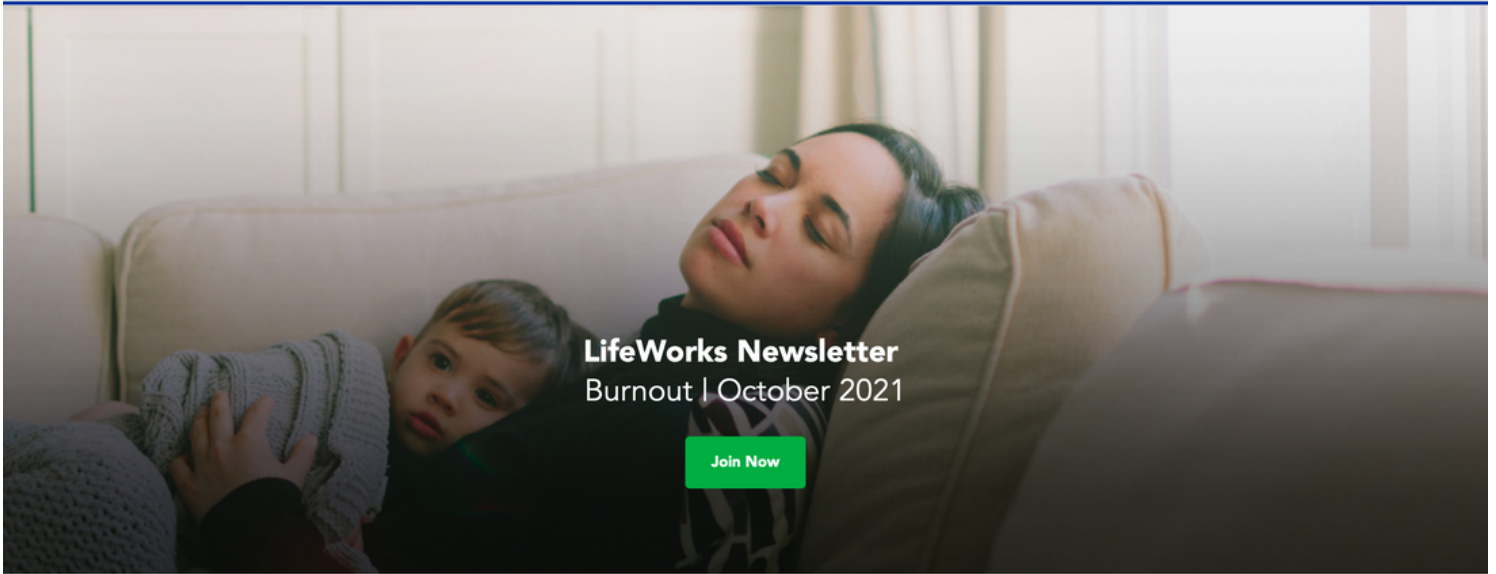
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LifeWorks Newsletter Burnout | October 2021

[Join Now](#)

How have you been feeling lately?

Have you been feeling emotionally drained, less productive or motivated and generally helpless, hopeless or even resentful? This is Burnout - a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress - and it can creep up on us. Mental Illness Awareness Week is particularly important during these times. Together with **LifeWorks**, we're here to help you take action to protect your mental health.

3 ways to extinguish burnout



1. Reflect on your wellbeing.

If you're experiencing burnout (or think you might be), it's helpful to start by looking at all areas of your life to see where you're struggling. **The LifeWorks Total Wellbeing Assessment** is an easy-to-use tool that helps you understand your strengths and improvement opportunities in all 4 pillars of wellbeing – mental, physical, social and financial.

[Take the Assessment](#)



2. Learn to take action.

Now that you have a better awareness of why and how you're struggling, you can take action. Leverage resources you have to create a "burnout plan" that will get you on the road to recovery. A great place to start, especially with the state of our world today, is the new **LifeWorks page: Mental illness: The cultural connection** designed to help you understand and address social impacts on your mental health.

[Get Started](#)



3. Ask for help.

It's never too early (or too late) to seek help, but it can be daunting. Work out the easiest way you feel comfortable asking for help. Whether it's face-to-face, email, chat or a combination of these, LifeWorks has the option for you. With LifeWorks, you have **24/7 access to professional support** by phone, online by browser and by mobile app. You can even get referrals to in-person counselling, clinical programs and local organizations to support you.

[Get in touch](#)

Recommended Resources

Don't struggle through burnout. Take advantage of LifeWorks resources to get your mental health back on track. Login to read more.

Seeking Help for Burnout.

[Read How](#)

Burnout: Warning signs and recovery.

[Learn More](#)

Burnout Toolkit.

[Get Started](#)

Sign up for LifeWorks

Take advantage of free, personalized resources for improving your physical and mental health. Get access to assessments, coaches and programs to get you started.

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LifeWorks Newsletter Financial Well-being | November 2021

[Join Now](#)

How will you spend this holiday season?

Whether you're spending time hosting family, baking all the desserts, or simply snuggling at home – don't let over-spending ruin the season. LifeWorks has you covered with tips on how to avoid the common financial stresses of the season.

3 tips for budget-proof holidays



1. Keep it simple & set expectations

Relieve the pressure of the season and the temptation of over-spending by planning to keep it simple. Prioritize time spent with family and friends over expensive gifts. This is a lot easier if your friends and family are on board too, so set expectations by telling them up front.

2. Make a holiday budget & stick to it

Before you get carried away in the spirit of giving, create a holiday budget. Be sure to include everyone on your gift list and set a limit. Focus on gifts that are thoughtful, personal and meaningful versus expensive. **TIP: Don't forget to include things like wrapping paper, shipping, travel, décor, events, etc. – it all adds up!**

Budgeting isn't just for the holidays! Change your spending habits by joining the **LifeWorks Habit Switching Challenge**.

[Learn how to budget](#)

3. Start shopping early & avoid using your credit card

It's never too early to start shopping – keep your eye out year-round for gifts. Not only does this help spread out your spending, but it also gives you time to price match and shop for deals. Plus, you remove the stress of last-minute purchases. All of this will help you stay within budget and avoid using your credit card. Don't start off the new year with a big bill!

Did you know? LifeWorks offers perks to help you save money – including coupon codes, online cashback and discounted digital gift cards.

[Start saving](#)

Recommended Resources

Learn more about managing your money. Take advantage of LifeWorks resources to support your financial well-being. Login to read more.

Budgeting for the Holidays

[Get Started](#)

Understanding How Emotions Can Drive Spending

[Learn More](#)

Understanding and Improving Your Money Mindset

[Start today](#)

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