



CUSTOMER SERVICE **June 9, 2020**

20-21

## Financial and mental health support for you

### Stay close to your plan while you're distanced from everything else

At a time when you're practicing physical distancing and staying as safe as you can, the last thing you want to do is leave the house unless you absolutely have to.

That's where a recent update to GRS Access comes in.

Now you can upload any forms you were previously only able to send us by mail service, fax or through your plan sponsor. It's just one less thing for you to worry about these days. Great news, right?

Just sign in to [grsaccess.com](https://grsaccess.com) with your access ID and password, click **Tools & resources**, select **Change your portfolio** and choose **Upload documents**.

Don't forget, you can also use self-serve options on GRS Access to:

- View and manage your plan – including your beneficiaries
- Read Important Messages related to your plan
- Reference a range of helpful financial tools and resources
- Reset your password with your access ID

If you haven't registered for GRS Access yet, doing so is easy. Just click **New to GRS Access? Register now**. You can follow the steps from there.

### Free credit support when you need it

Looking for extra guidance around your finances? The Credit Counselling Society can help! The Credit Counselling Society is an award-winning, non-profit service that can give you free, confidential, one-on-one credit counselling and financial education.

Canada Life is offering debt management programs provided by the Credit Counselling Society, to Canada Life plan members – free of charge – until June 30, 2020. This date may be adjusted based on the market situation.

You can get practical resources to help you:

- Manage your expenses
- Pay off your debt
- Set financial goals that are relevant to you and your family

The Credit Counselling Society also offers free webinars through [MyMoneyCoach](#). Webinar topics include:

# NewsLine

News and updates for plan members



- Relationship and money
- Budgeting
- Credit and debt

Interested in learning more? Contact the Credit Counselling Society at 1-888-527-8999. If you live in Quebec or an Atlantic province, call 1-888-753-2227.

## Support for your well-being, webinar recording

If you missed the webinar, ***Resources to support your well-being***, you can still check it out! This free and informative webinar focused on services and support available through the Credit Counselling Society and Workplace Strategies for Mental Health. [Click here to watch.](#)

The content in this NewsLine shouldn't take the place of, or be a substitute for, medical advice or official guidance and/or direction issued by your public health authorities or local government. We encourage you to visit the World Health Organization website and your local government health authority websites for the most up-to-date and reliable information about the status of the coronavirus in your region.

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