

LifeSpeak

Welcome to LifeSpeak



Your complimentary everyday wellbeing benefit

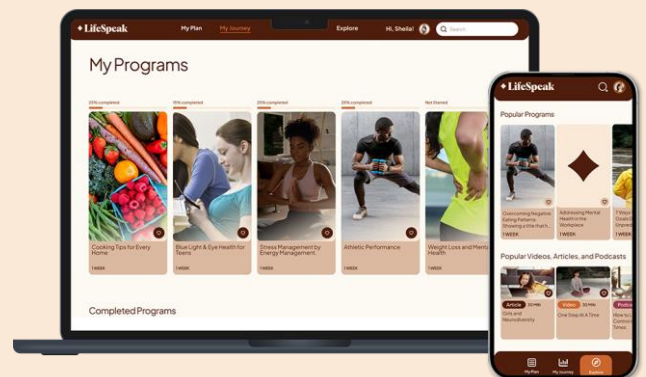
LifeSpeak is an evidence-based, everyday wellbeing support built for real life. Whether you're building healthy routines, getting back into movement, or staying motivated, LifeSpeak offers expert guidance that feels human and personal, helping you take care of yourself, build healthy habits, and feel supported in everyday life.

What the enhanced experience includes:

- ◆ Tailored experiences and smarter search results, powered by AI, to help you discover the right support, right when you need it.
- ◆ Turn healthy habits into a shared experience with team challenges, chats, and leaderboards —now fully mobile-friendly.
- ◆ Explore flexible formats that fit real life, from short videos and practical tips to engaging articles.
- ◆ A richer and more diverse content library spanning fitness, nutrition, mindfulness, and physical health.
- ◆ Get guidance from experts you can trust, with live webinar and Q&A sessions where you can ask questions and get real-world advice.
- ◆ Access support wherever you are, with a refreshed mobile and web experience and bilingual access for greater ease and comfort.

How to get started?

- 1 Go to portal.lifespeak.com or download the LifeSpeak app.
- 2 Enter your username and password. If you forgot your password, select "Forgot password?" to be emailed a new, temporary password.



lifespeak.com