

## workhealthlife.com – Register and Login Steps

**Registration** steps are as follows:

**Step1:** Visit: <https://www.workhealthlife.com/>

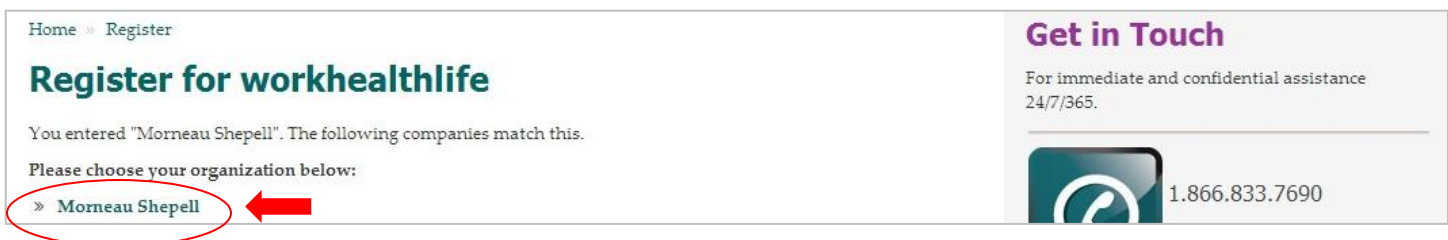
**Step2:** Click on the “Register” button at the upper right corner. **Indicated below:**



**Step3:** Enter your Regional Health Authority or Agency Name name in the blank field under “Please tell us your organization”. **Example below:**



**Step4:** Then select your Regional Health Authority or Agency name that appears. **Example below:**



**Step5:** You will then be prompted to enter your First Name, Last Name, email address and you will choose a password. . Following this, you will need to select your role within your Regional Health Authority or Agency Name, before you click on “submit” to process your registration. **Example below:**

Home > Register

Users who specify their company enjoy a more extended experience of workhealthlife

Organization: Morneau Shepell

First name: \*  ←

Last name: \*

Email: \*

Retype email: \*

Password: \*

Retype password: \*

Check all roles that apply to you:

- I am an employee of Morneau Shepell.
- I am the spouse or a family member of a Morneau Shepell employee.
- I am a manager or people leader of Morneau Shepell.

Communications:

Stay in touch with health & wellness updates, Balance newsletter, interactive events. Join now!

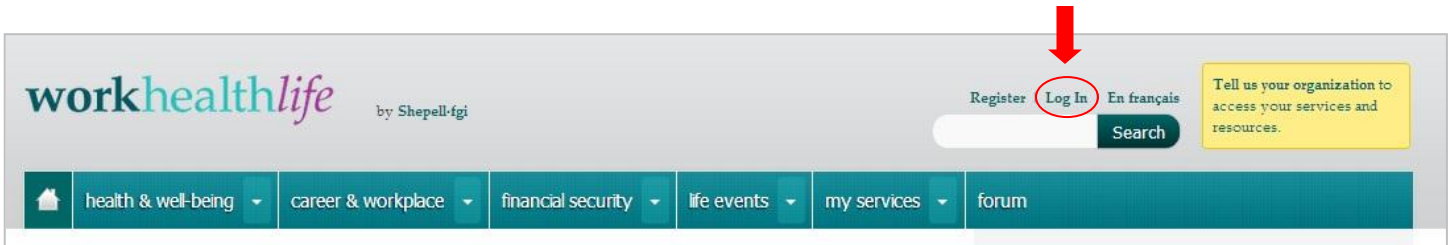
→   Required fields \*



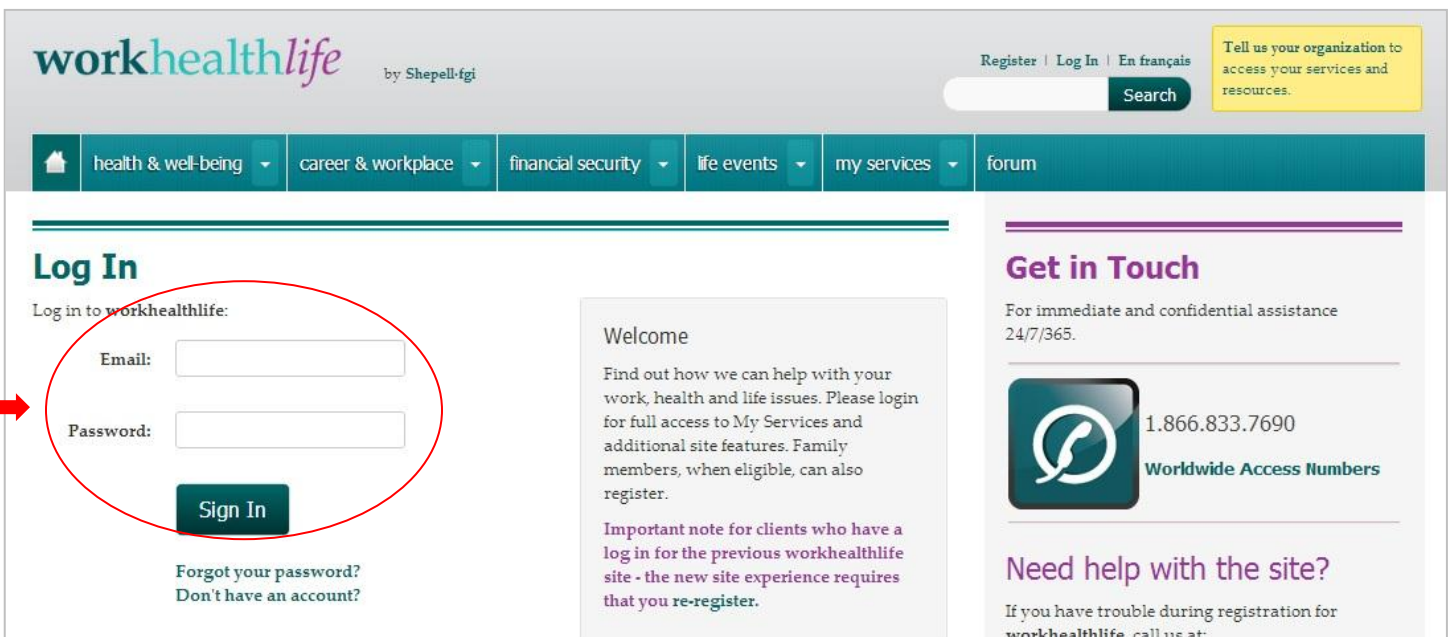
After you have registered for the site, you will have created a Profile. Next time you visit [workhealthlife.com](https://www.workhealthlife.com), follow these steps to Login:

**Step1:** Visit: <https://www.workhealthlife.com/>

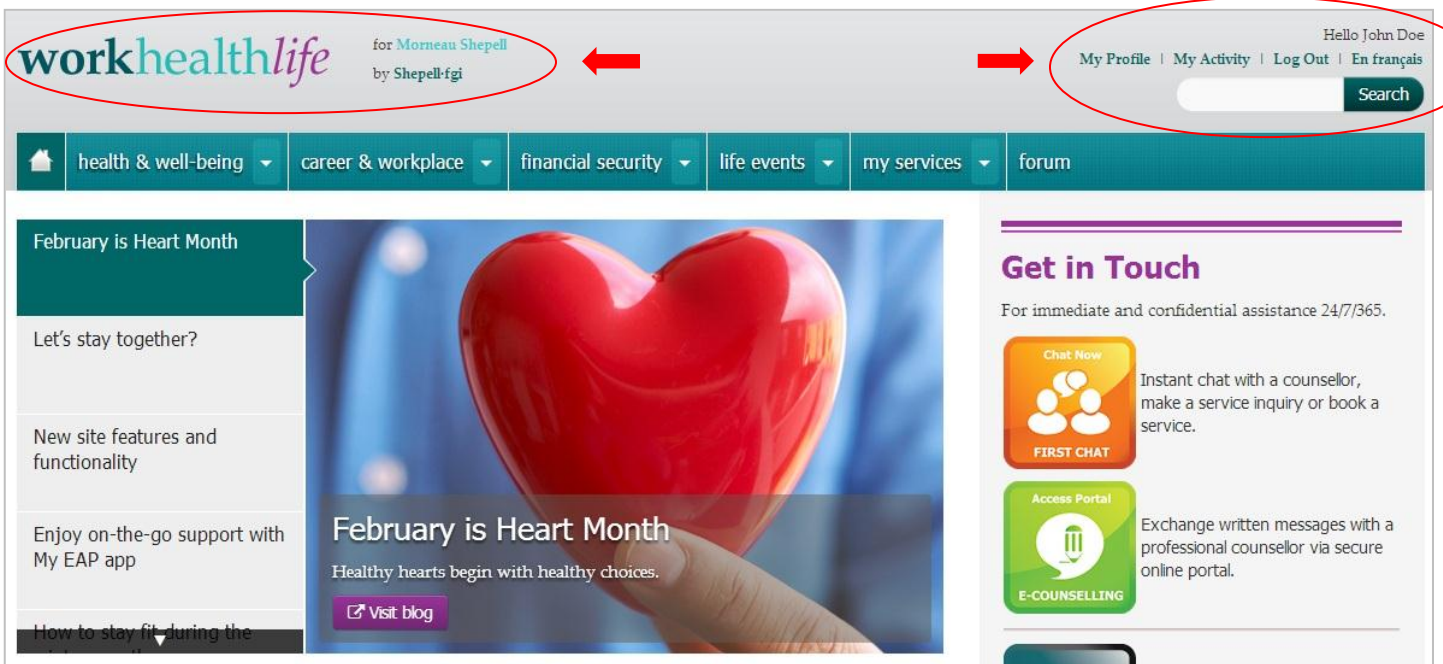
**Step2:** Click on the “Login” button at the upper right corner. **Indicated below:**



**Step3:** Enter in your email address and password before click on the “Sign In” button.



**Step4:** After you complete the Login steps above – you will see your home page display your user name and organization. You now have access to EFAP support services online, including First Chat, Online Access, E-Counselling (contract dependant). **Example below:**



workhealthlife for Morneau Shepell by Shepell-fgi

Hello John Doe  
My Profile | My Activity | Log Out | En français

Search

health & well-being | career & workplace | financial security | life events | my services | forum

February is Heart Month

Let's stay together?

New site features and functionality

Enjoy on-the-go support with My EAP app

How to stay fit during the

February is Heart Month  
Healthy hearts begin with healthy choices.  
[Visit blog](#)

Get in Touch

For immediate and confidential assistance 24/7/365.

Chat Now  
FIRST CHAT  
Instant chat with a counselor, make a service inquiry or book a service.

Access Portal  
E-COUNSELLING  
Exchange written messages with a professional counselor via secure online portal.

