

# Newsline

News and updates for plan members



**CUSTOMER SERVICE** April 8, 2020

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*This Newsline has new information concerning COVID-19. The situation changes rapidly, so past Newslines are still accurate, unless otherwise stated.*

## Free resources to help you with your financial, mental and physical health

### Stronger together

COVID-19 has changed everyone's lives, but it hasn't affected the values that make us Canadian. As communities across the country come together to help each other, we stand with you ready to support you and the people you love.

With a focus on making sure the people you love are coping, you can sometimes forget yourself. Use our free tools and information to help you and your family get through these unprecedented times. We're here for you and we'll get through this together.

### Free professional credit counselling

If you're experiencing financial stress or need some financial tips and resources, speak with a certified credit counsellor over the phone through a free service offered by Canada Life until June 30, 2020. The [Credit Counselling Society](#) is a non-profit service available to help you manage your expenses during challenging times. You'll get confidential one-on-one financial coaching.

Reach the Credit Counselling Society at 1-888-527-8999 or visit the [website](#). If you live in Quebec or an Atlantic province, you can call 1-888-753-2227 or visit [Credit Counselling Services of Atlantic Canada](#).

### Education resources on market matters

These days, it can feel like you're constantly digesting and reacting to information from various sources, perhaps more than you ever have before. Sometimes that information changes daily – and we know you have questions about your savings.

Knowledge is power. And feeling engaged in your financial situation can help you feel empowered about your future. If you want information on market matters, check out some blog posts on the [Latest updates page](#).

### Mental health resources and strategies

Whether you need some help at work, or for you or your family's well-being, Canada Life's [Workplace Strategies for Mental Health](#) website has lots to offer. Get free tools and information to help support your mental health and safety. You'll find a new series of videos and blogs about managing anxiety around coronavirus, exercises for stress reduction and deep relaxation, and much more.

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## Free resources focused on anxiety related to a pandemic

Get tips and tools for coping and building resiliency – from talking to your children to physical distancing, managing a team during COVID-19 and more. Get the help you need during the ever-changing reality that we're facing. Visit [Morneau-Shepell's Toolkit](#) for individuals to learn more.

## Personalized COVID-19 assessment and updates

Get accurate and personalized info from trusted Canadian medical sources about COVID-19. Try [Chloe](#), a new virtual automated assistant from virtual healthcare provider, Dialogue. Answer a few quick questions and get information about potential risks, travel history, and pre-existing conditions that could be linked to COVID-19.

## Additional support for when you need it most

For information and updates about COVID-19, visit [Public Health Agency of Canada](#) or the Canada Life corporate [site](#).

Call your provincial health line for information on what to do if you're worried about COVID-19.

If you're in an area affected by the outbreak, you can get the latest travel advice from the [Public Health Agency of Canada](#).

If you have returned from an affected area in the last 14 days, you should visit the [Public Health Agency of Canada for advice](#).

The information in this Newsline should not 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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