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.
- Get guidance from experts you can trust, with live webinar and Q&A sessions where you can ask questions and get real-world advice.
- Build your own wellbeing playlists, so you can can save, revisit, and organize the content that that resonates most with you.
- Plus, you'll have the ability to invite up to five friends or family members to join and share the experience.
- A rich and diverse library of expert-led content and resources to support your wellbeing.
- Explore flexible formats that fit real life, from short videos and practical tips to engaging articles.
- Access support wherever you are, with a a modern, intuitive mobile and web experience and bilingual access for greater 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.

