

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

At a time when you're practising 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?

Check it out. 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 if you know 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.

If you need further assistance, please call Canada Life at 1-800-724-3402 and speak with a client service representative from 8 a.m. to 8 p.m. ET, Monday through Friday.