



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 habits, managing stress, or simply looking for balance, LifeSpeak offers expert-led guidance that feels human and practical, helping you care for your body and mind 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.
- ◆ A richer library and expanded content categories spanning fitness, nutrition, mental health, 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.
- ◆ Explore flexible formats that fit real life, from short videos and practical tips to engaging articles.
- ◆ Build your own wellbeing playlists, so you can save, revisit, and organize the content that resonates most with you.
- ◆ Access support wherever you are, with a refreshed mobile and web experience and bilingual access for greater ease and comfort.
- ◆ Plus, you'll have the ability to invite up to five friends or family members to join and share the experience.

How to get started?

- 1 Go to portal.lifespeak.com or download the LifeSpeak app.
- 2 Enter your MCPS outlook as your login and MCPS2022 as your password (first time only). If you forgot your password, select Forgot password to be emailed a new, temporary password.

