

AVAILABLE IN THE APP STORE AND ON
GOOGLE PLAY, IN ENGLISH AND FRENCH.



We are so excited to introduce you to the LifeSpeak app!

Now you can get the expert information
you trust from the device you always
have with you.

The app gives you the same amazing expert-led content, along with
brand-new features:

- Download videos for offline viewing
- Stream podcasts; no need to download them
- Earn points and badges for any activities you engage in either on the app or on the LifeSpeak website (watching videos, reading tip sheets, participating in a web chat, etc.)
- Join leaderboard (anonymously) to measure your activity against your peers'
- Participate in Ask the Expert web chats right from your phone
- Manage your account from the app



App FAQs

Is the app free?

Yes, it is offered free of charge as part of your organization's LifeSpeak program.

Is my activity on the app confidential?

Absolutely, 100% confidential at all times. We are committed to our users' privacy.

Can I use the same personal account I created on the LifeSpeak website to access the app?

Yes, and vice versa.

Will the activity I engage in on the LifeSpeak website count towards points on the leaderboard?

Yes.

Can my family members download the app?

Yes! We truly hope they do!

How do I download a video for offline viewing?

Go to LEARN, select a video series, then tap the download symbol.

Where do I find my downloads?

You can find your downloads by selecting 'More' at the bottom of the screen, and then tapping 'My Downloads'.