

# What is LifeSpeak?



LifeSpeak is a digital total well-being platform that gives you and your family members **confidential and anonymous** around-the-clock access to North America's leading experts.

## Feature Tabs:

**Learn:** Access short 5-7 minute videos

**Ask:** Monthly web chat with a top expert lets users get answers to their own questions.

**Expert Blog:** New weekly content from our leading experts on topics that matter to you and your loved ones.

**COVID-19 Resources:** Expert Q&As on social distancing, mental health, and more – also available on Expert Blog tab.

Access via computer and mobile at:  
<https://sdbc.lifespeak.com>  
Group Password: lifespeak  
Type school district 08

OR Download the LifeSpeak app for free:  
Client name: sdbc  
Client password: lifespeak  
Type school district 08