

Log into *My Benefits*

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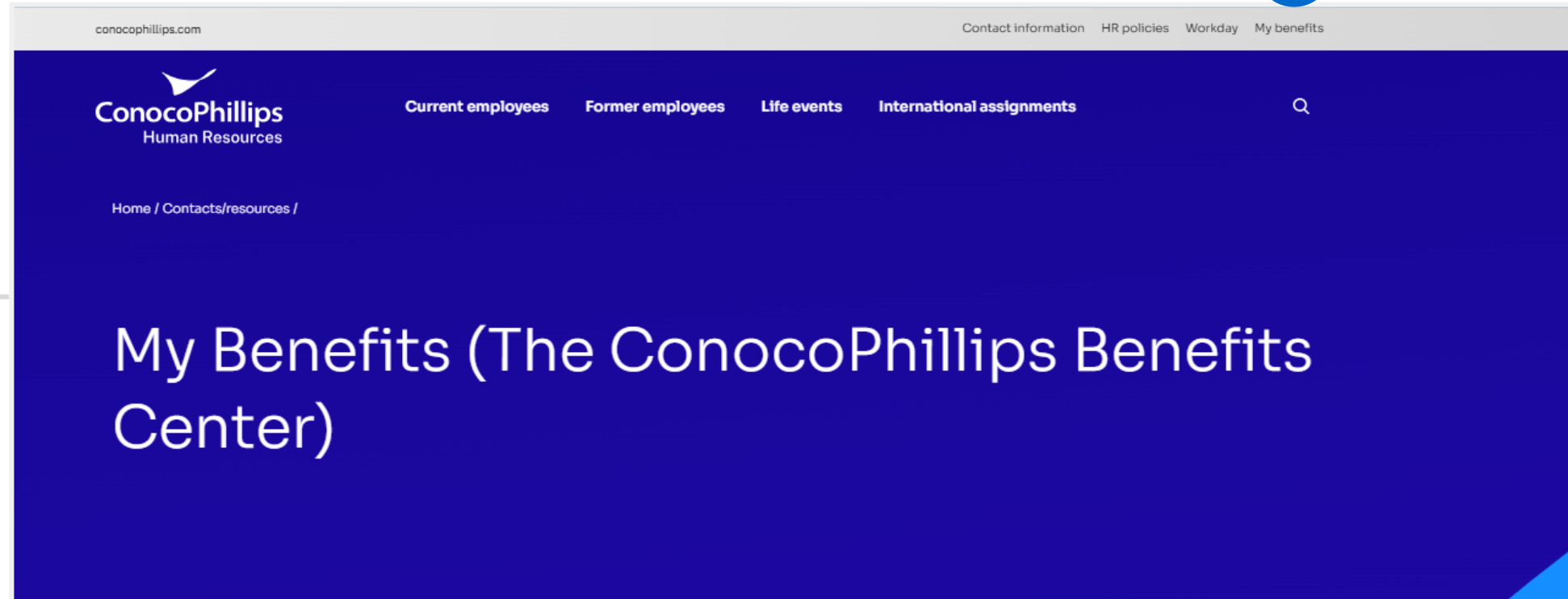


1 My Benefits –

Go to hr.cop.com, then select My Benefits.

2 From Work –

Select From Work if on the company network, login with your company username and password.



Current Employees

2

- **From Work**

Use this link if you are accessing *My Benefits* from the ConocoPhillips network.

- **From Home**

Use this link if you are accessing *My Benefits* from outside the ConocoPhillips network. You will need Multi-factor Authentication (MFA) to access. Please contact the IT Service Desk at 866-322-2825 if you need assistance. If you are at home and have connected to the ConocoPhillips network via Global Office or VPN, you can use the “From Work” link instead.

Login issues?

Please contact the ConocoPhillips Benefits Center or submit a [Workday Help](#) case.

My Benefits Site Overview



Home

Message Center

Help

Reference Center



Employee Name

Home

Benefits Highlights

1

Benefits Contacts

2

Profile

My Personal Documents

Message Center

Transactions

Change My Benefits

3

My Benefits Summary

Log Out



My Benefits
Providing take care of what matters most

1 Benefits Contacts – If you have claim or coverage questions, see Cigna Global Health Benefits information.

2 Profile – Select your name, then choose Profile to view your information and dependent information).

3 My Benefits Summary – View your benefits enrollment information.