

Multi-Factor Authentication (MFA) for Strive

If you

- have not accessed Strive since March 2025

OR

- are a new employee

Multi-Factor Authentication (MFA) set up is required to access Strive.

Depending on how you are accessing Strive, click on the corresponding link below for MFA instructions and steps to log in.

- **Web - Accessing via Canadian Natural's CiNQ page**
- **Web - Accessing via www.Striveforhealth.ca**
- **Mobile App - Accessing via Strive Mobile App**

Trouble setting up your MFA?

Contact the Canadian Natural IS Service Desk



Phone

Mon-Sun 24/7.

+1 (403) 517-7100

Web

A - Accessing via Canadian Natural's CiNQ page

1

Please download the Google Authenticator App on your device.

You will be prompted to access the authenticator App later in these instructions.

Refer to **page 5** for enlarged QR codes.

Downloading the desired app
Please scan the QR code for your desired app and platform.

GET IT ON Google Play	Download on the App Store	

2

From Canadian Natural's CiNQ page, click on the Strive icon under the Quick Links menu.

Corporate Calendar: JUN 19 SAVE THE DATE - CALGARY EMPLOYEE DAY

QUICK LINKS

- CANADIAN NATURAL COMPANY WEBSITE
- HR Central Employee Self Service (ESS)
- MyHR ESS - Access to historical Payslips up to Dec 31, 2019
- UKG Application (formerly Kronos)
- TELUS Health (User ID: CNRL; Password: efap | 1-855-232-7855)
- CANADIAN NATURAL WELLNESS PROGRAM** (Strive icon)
- BUY AND SELL
- MYREQUESTS

3

The next page will show a QR Code

Mobile Authenticator Setup

You need to set up Mobile Authenticator to activate your account.

1. Install one of the following applications on your mobile:
FreeOTP
Google Authenticator
2. Open the application and scan the barcode
3. Enter the one-time code provided by the application and click Submit to finish the setup.

Provide a Device Name to help you manage your OTP devices.

One-time code *

Device Name

Submit

4

Open your Google Authenticator app on your phone.

- **Google Authenticator**

→ Click "+" button

→ Click on "scan barcode"

→ Scan the QR code

Google Authenticator

Scan barcode

Manual Entry

5

The authenticator App will add the account.

- Once the account is added, a six-digit code will be displayed for you to use for verification.
- Switching to the Strive log-in screen, enter that six-digit code in the "One-time code" field (scroll down the page).
- "Device Name" – add any name you like or leave blank
- Click "Submit"

Unable to sign?

3. Enter the one-time code provided by the application and click Submit to finish the setup.

Provide a Device Name to help you manage your OTP devices.

One-time code *

Device Name

Submit

6

Please update your password as prompted and click "Submit".

Update password

You need to change your password to activate your account.

New Password

Confirm password

Sign out from other devices

Submit

MFA login
Web + App

Trouble setting up your MFA?

Contact the Canadian Natural IS Service Desk



Phone
Mon-Sun 24/7.
+1 (403) 517-7100

Web

B - Accessing via www.Striveforhealth.ca

1

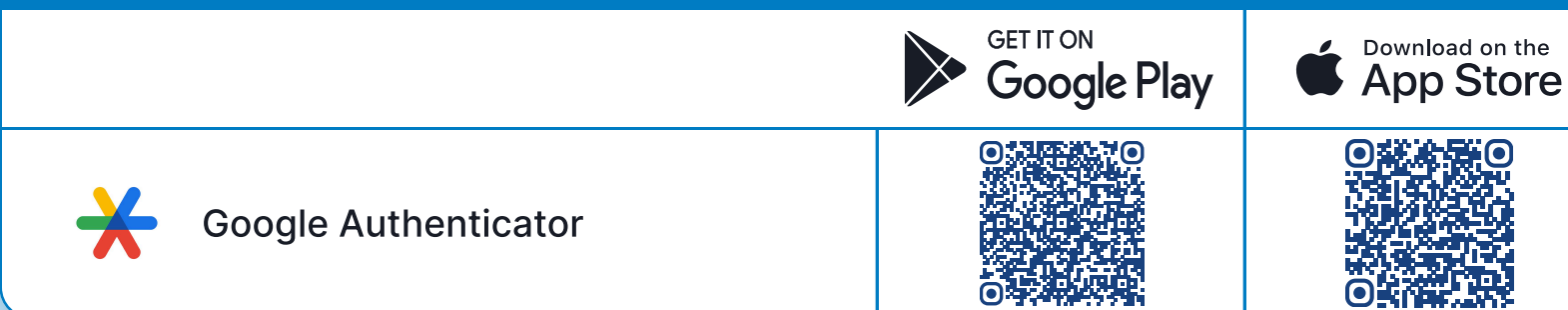
Please download the Google Authenticator App on your device.

You will be prompted to access the authenticator App later in these instructions.

Refer to [page 5](#) for enlarged QR codes.

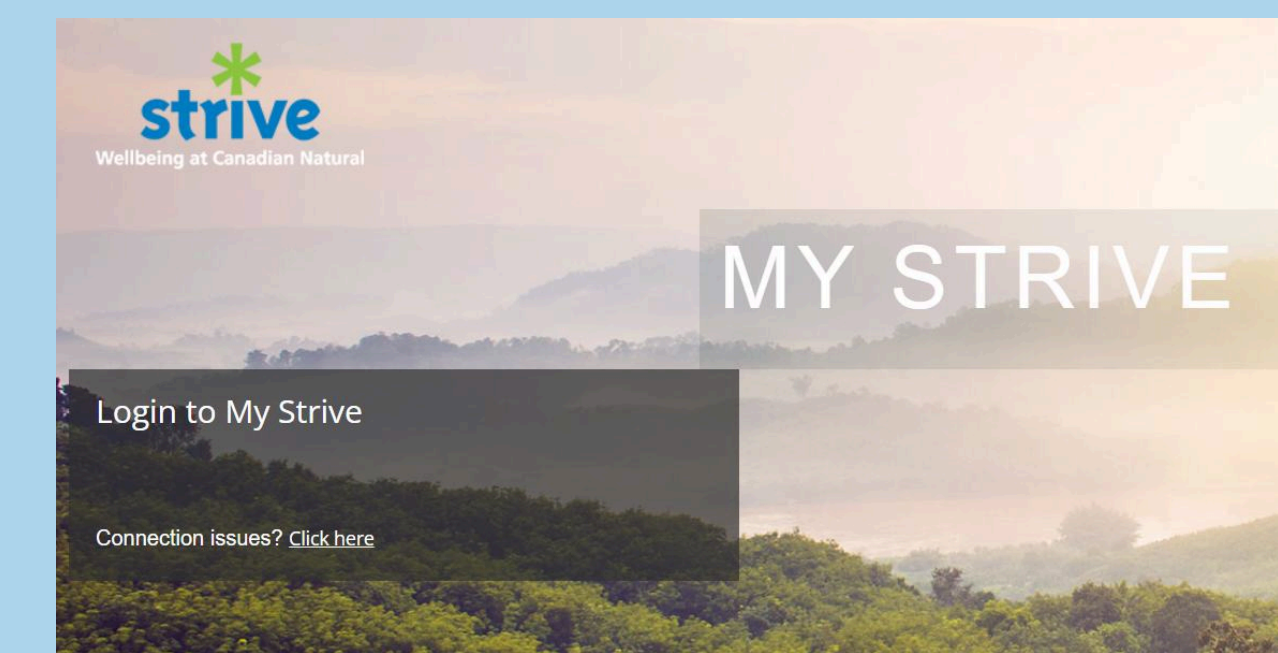
Downloading the desired app

Please scan the QR code for your desired app and platform.



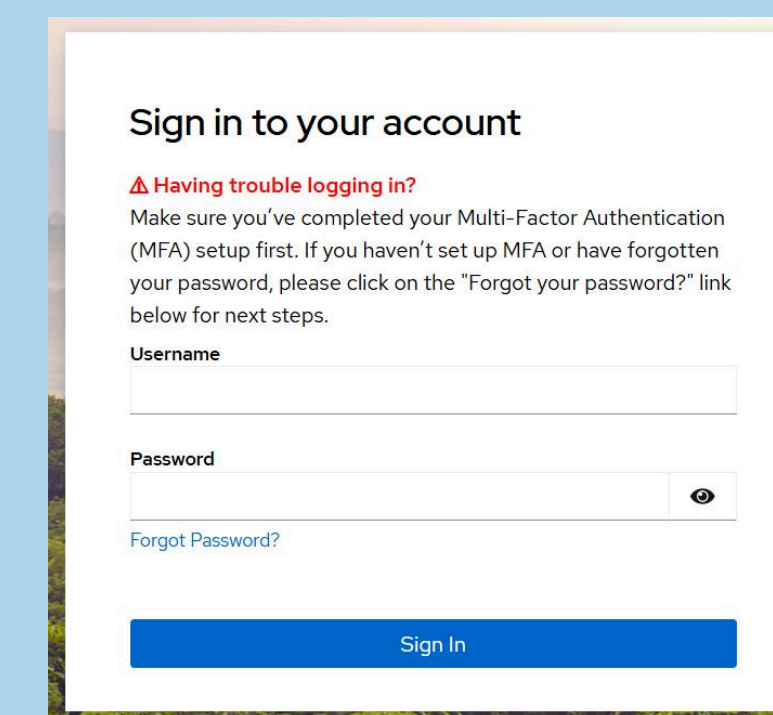
2

- Go to www.striveforhealth.ca
- Click on "Login to my Strive"

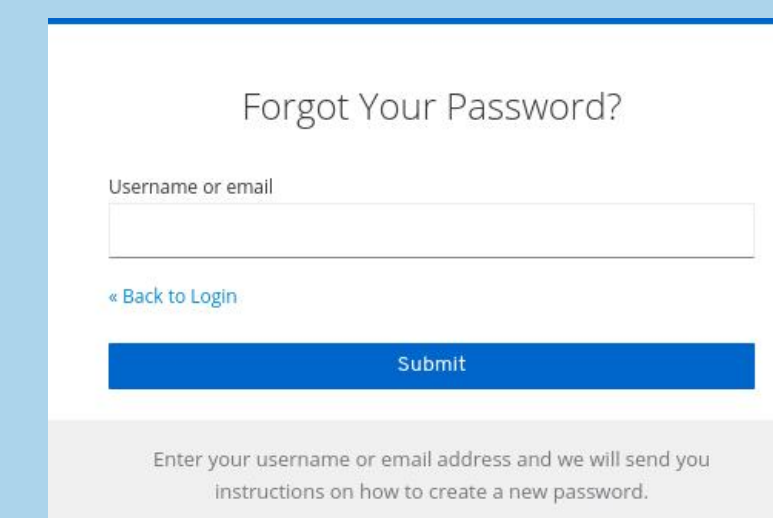


3

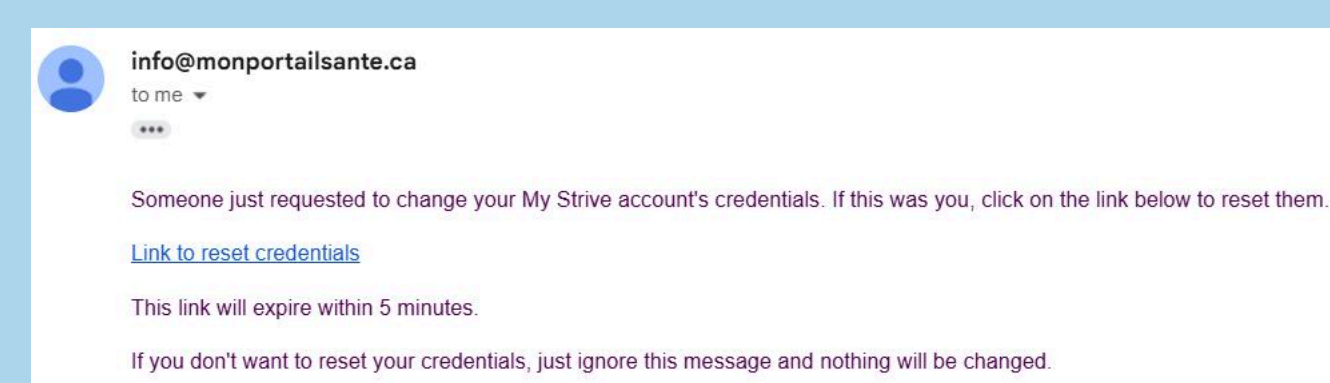
- Click on "**Forgot Password**".



- Enter your Employee ID# (from paystub) and click the "**Submit**" button.

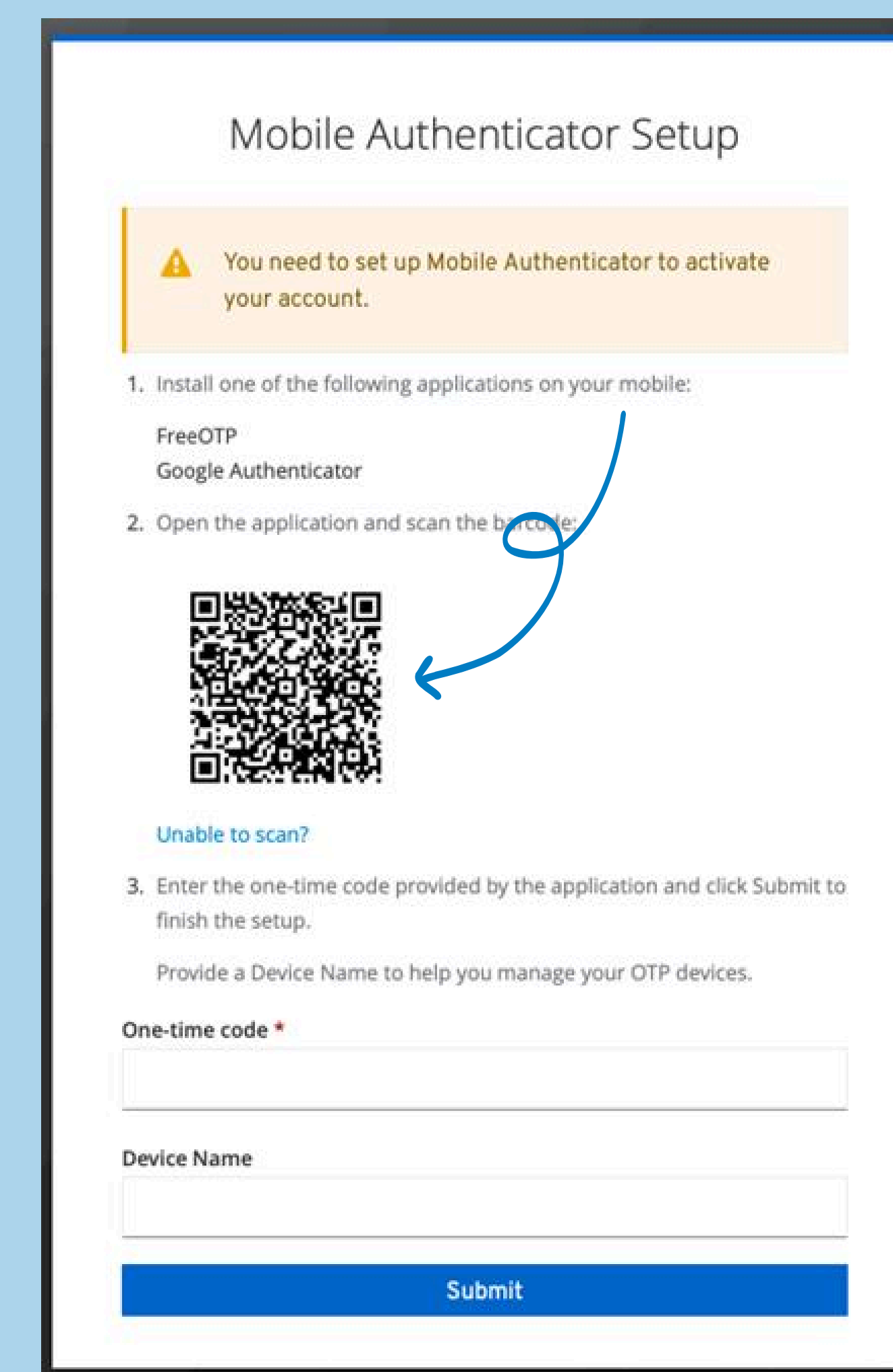


- An email will be sent to your CNRL email (or associated email linked to your Strive account); click on the link within the email.



4

The next page will show a QR Code



5

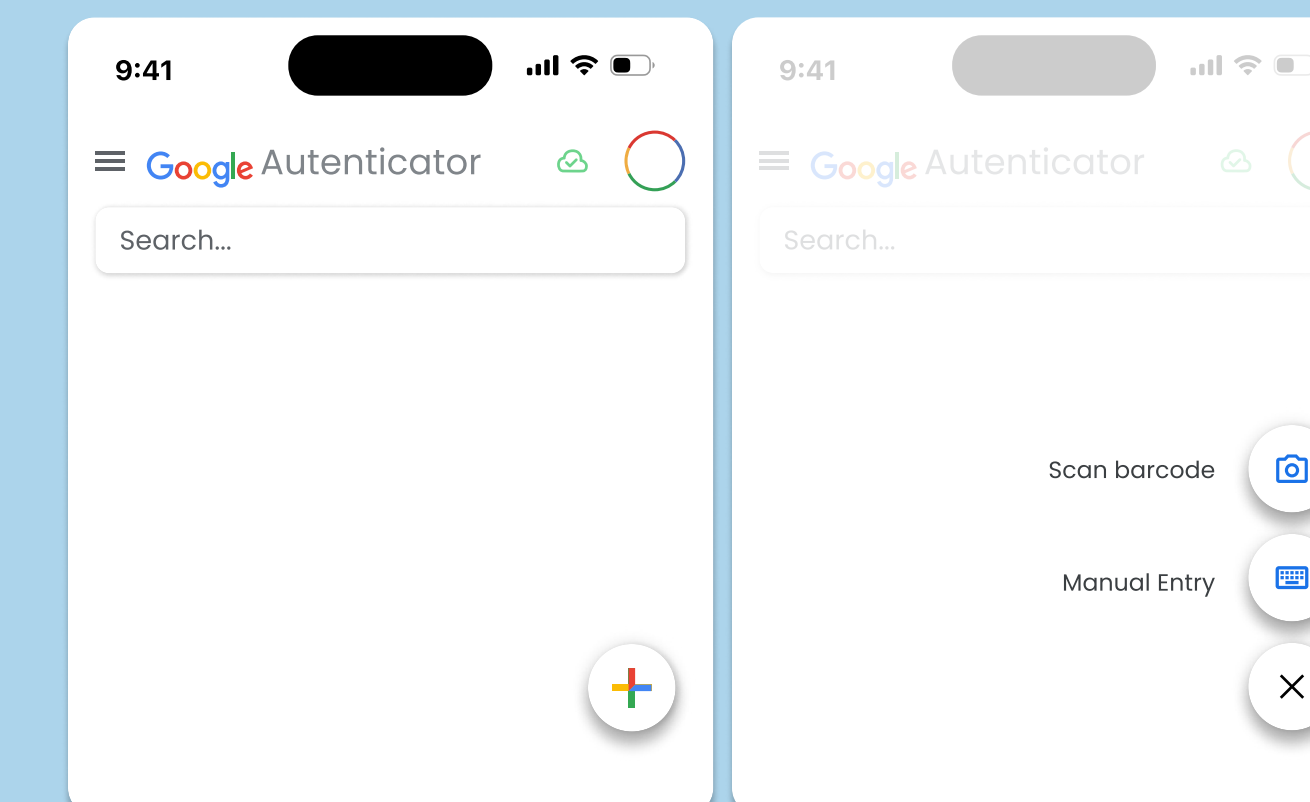
Open your Google Authenticator app on your phone.

- Google Authenticator**

→ Click "+" button

→ Scan barcode

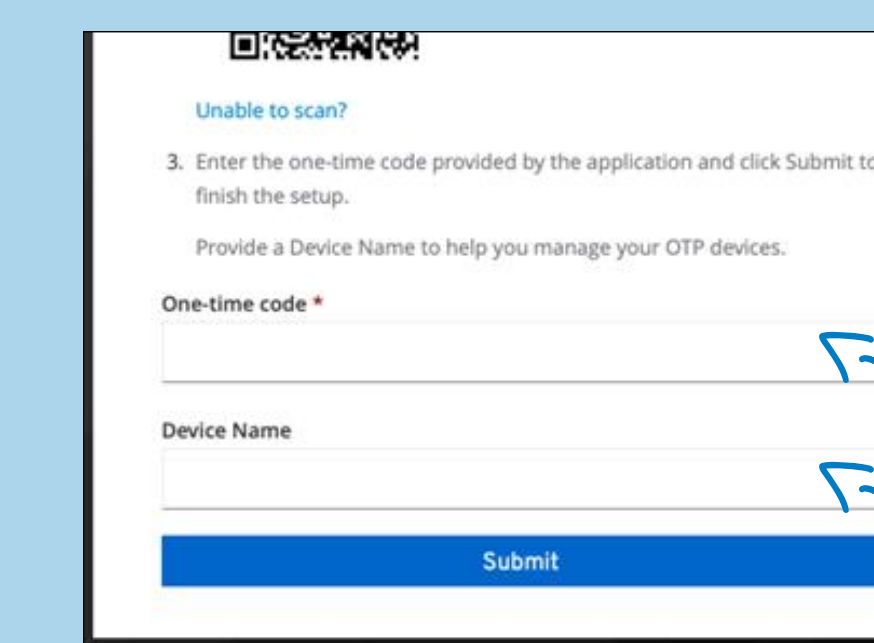
→ Scan the QR code



6

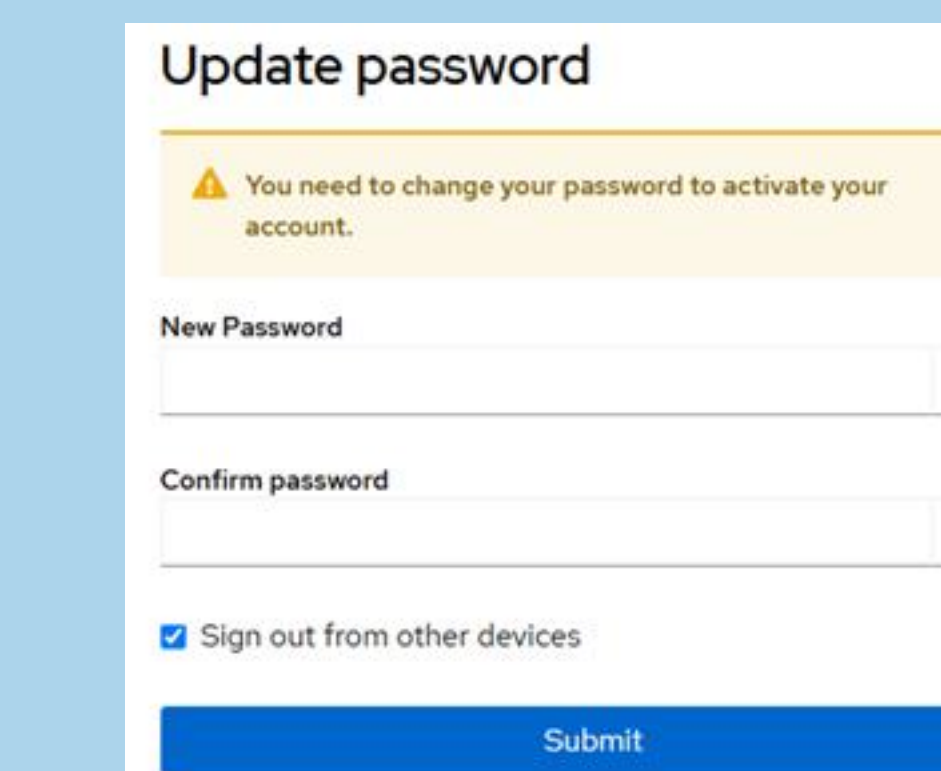
The authenticator App will add the account.

- Once the account is added, a six-digit code will be displayed for you to use for verification.
- Switching to the Strive log-in screen, enter that six-digit code in the "One-time code" field (scroll down the page).
- "Device Name" – add any name you like or leave blank
- Click "Submit"



7

Choose the password you want to use and click on "**Submit**".



MFA login
Web + App

Trouble setting up your MFA?

Contact the Canadian Natural IS Service Desk



Phone
Mon-Sun 24/7.
+1 (403) 517-7100

Mobile

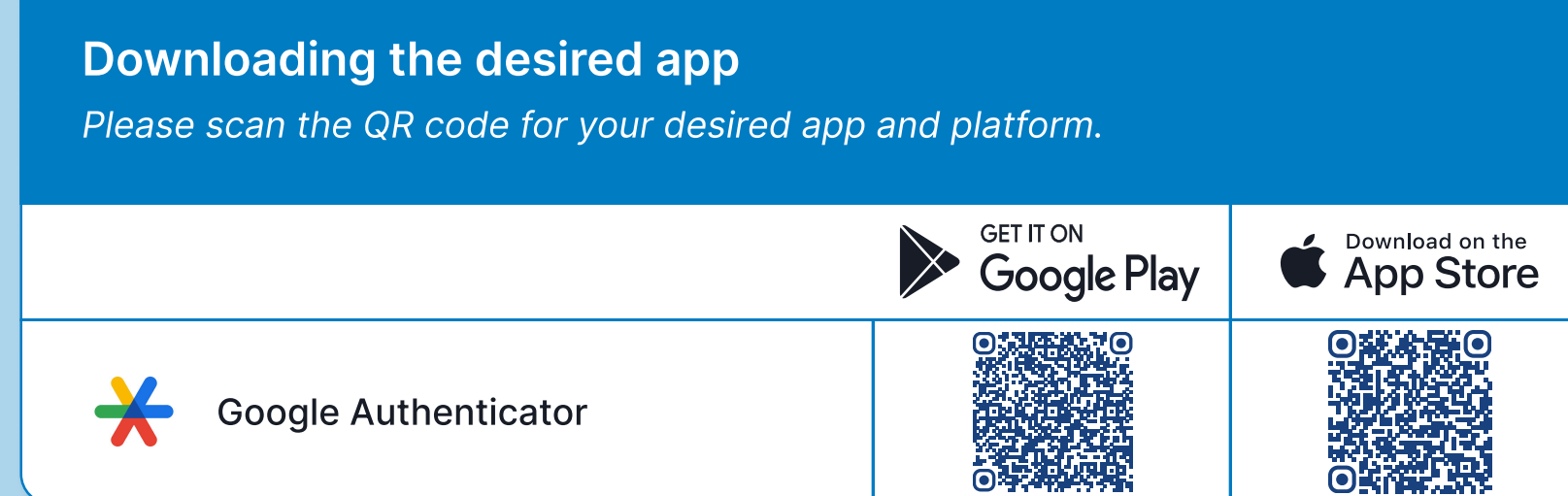
C - Accessing via Strive Mobile App

1

Please download the Google Authenticator App on your device.

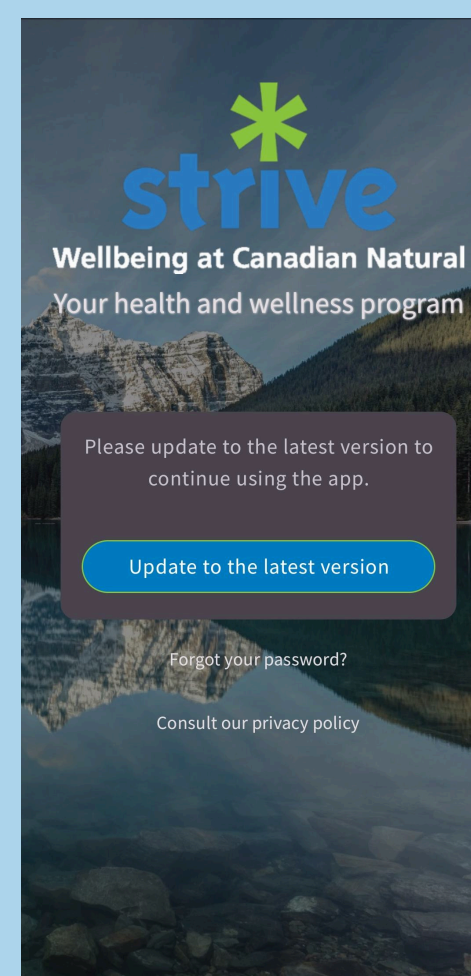
You will be prompted to access the authenticator App later in these instructions.

Refer to [page 5](#) for enlarged QR codes.



2

Open the Strive Mobile App. Click on "Update to the latest version"



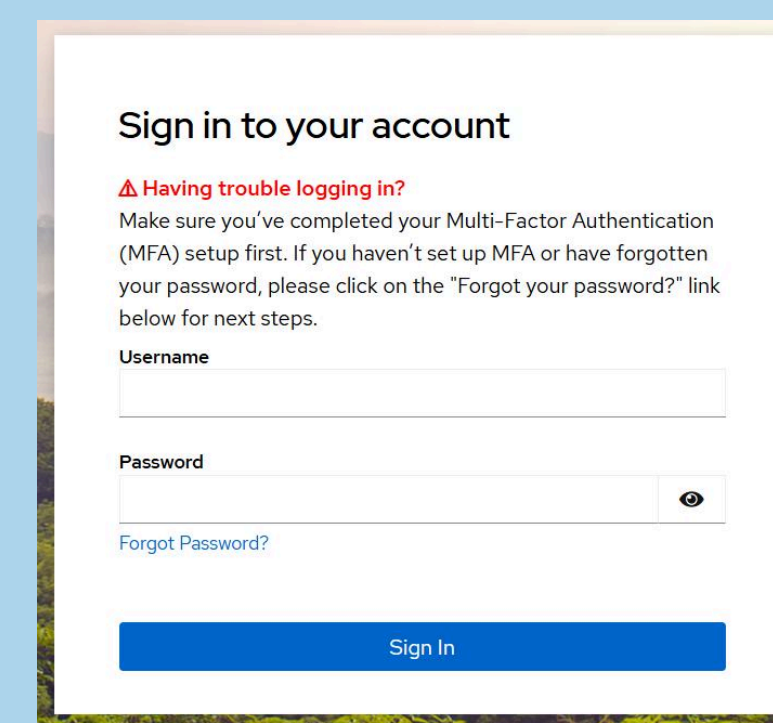
3

Once done updating, tap 'Get Started'

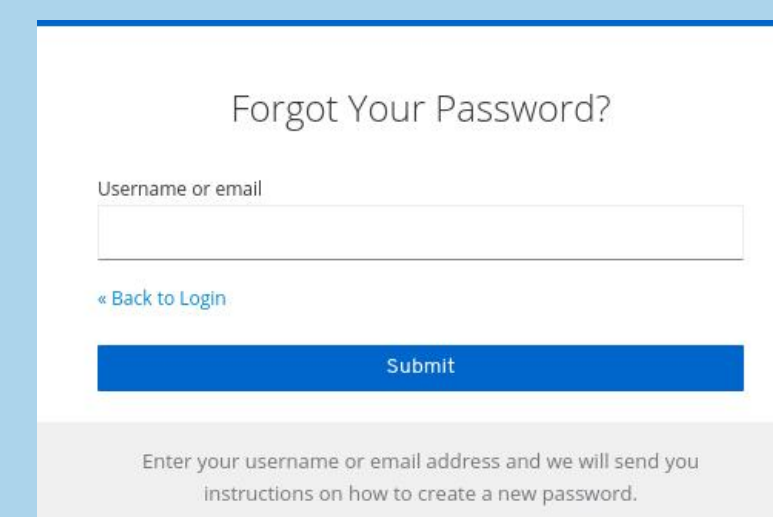


4

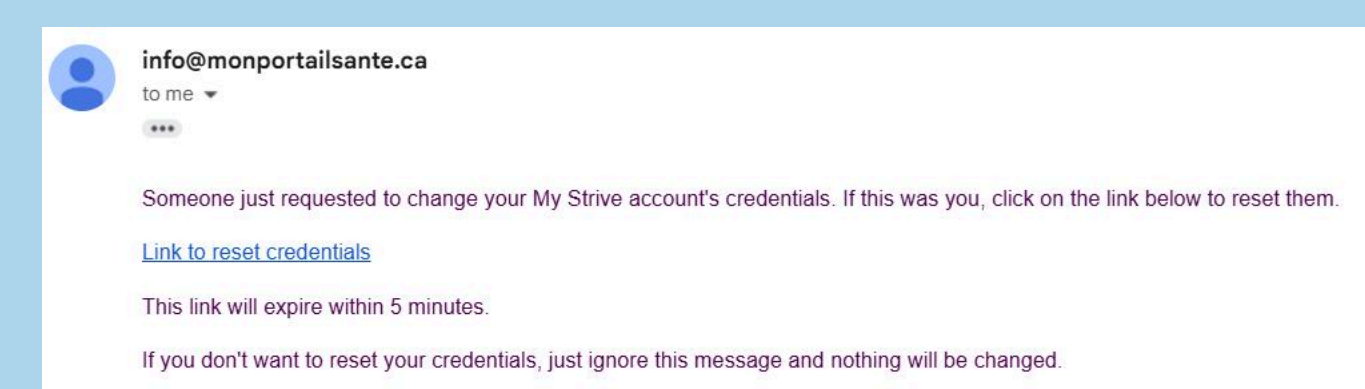
Click on the option "Forgot Password".



Enter your Employee ID# (from paystub) and click the "Submit" button.

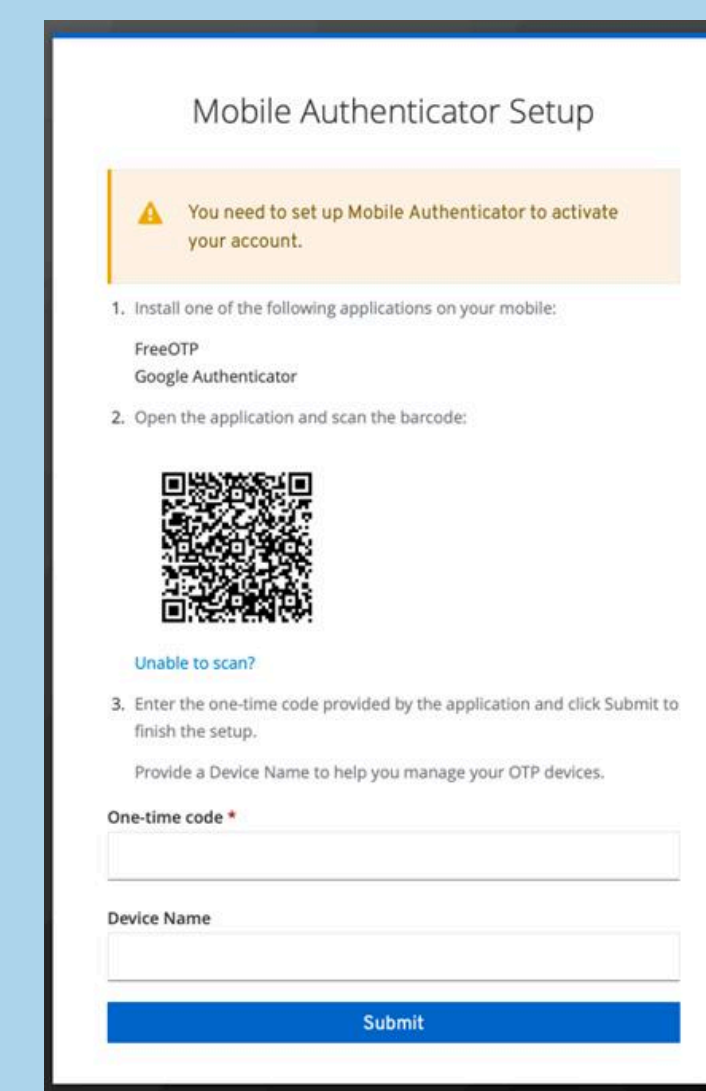


An email will be sent to your CNRL email (or associated email linked to your Strive account); click on the link within the email.

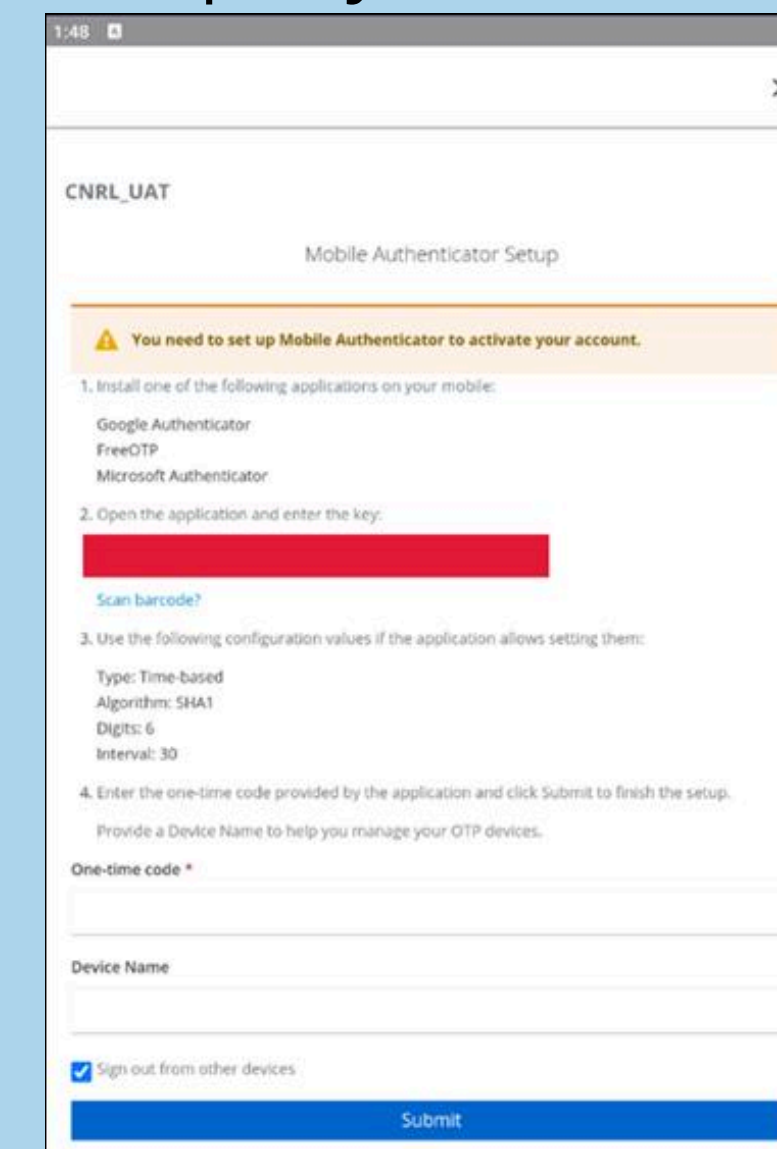


5

The next page will show a QR Code.



Select "Unable to scan?". Copy the provided setup key.



6

Open your Google Authenticator app on your phone.

• **Google Authenticator**

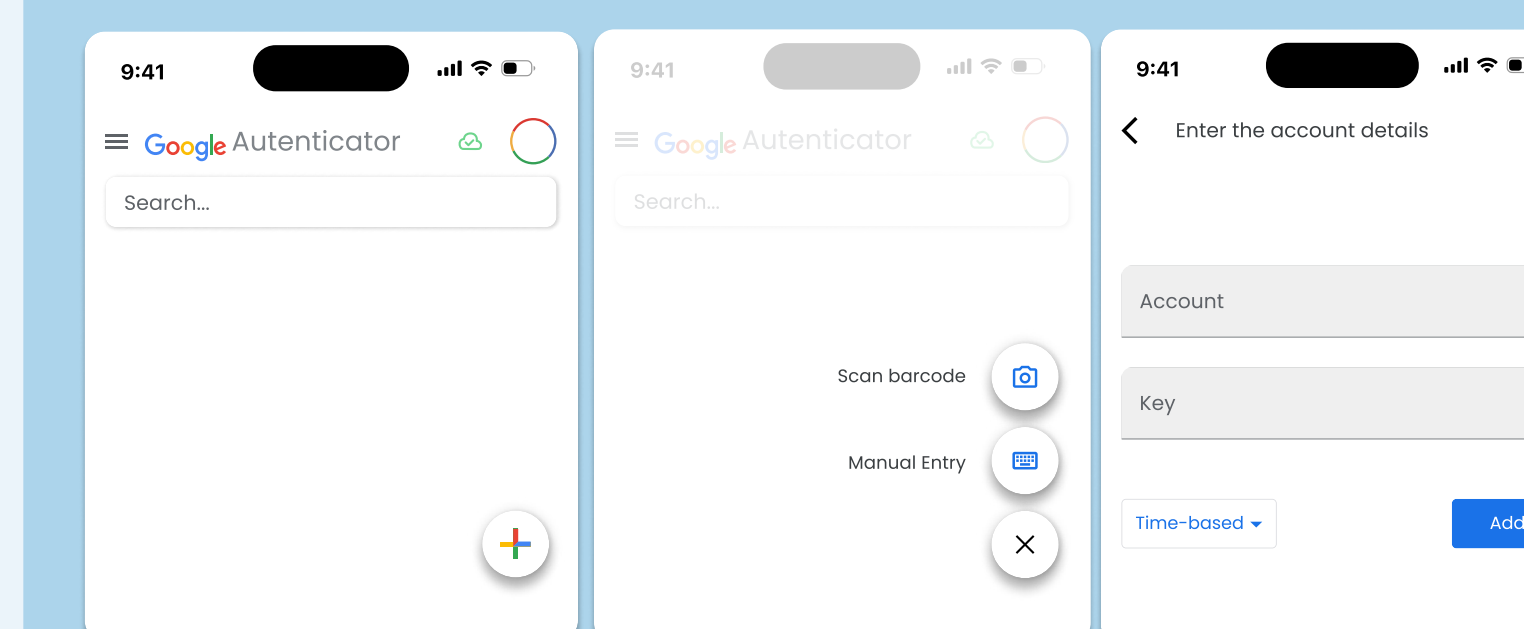
→ Click "+" button

→ Manual Entry

→ Enter Account and Key

Note:
You can put any name you want for the field "Account".
The copied key gets pasted into the field "Key".

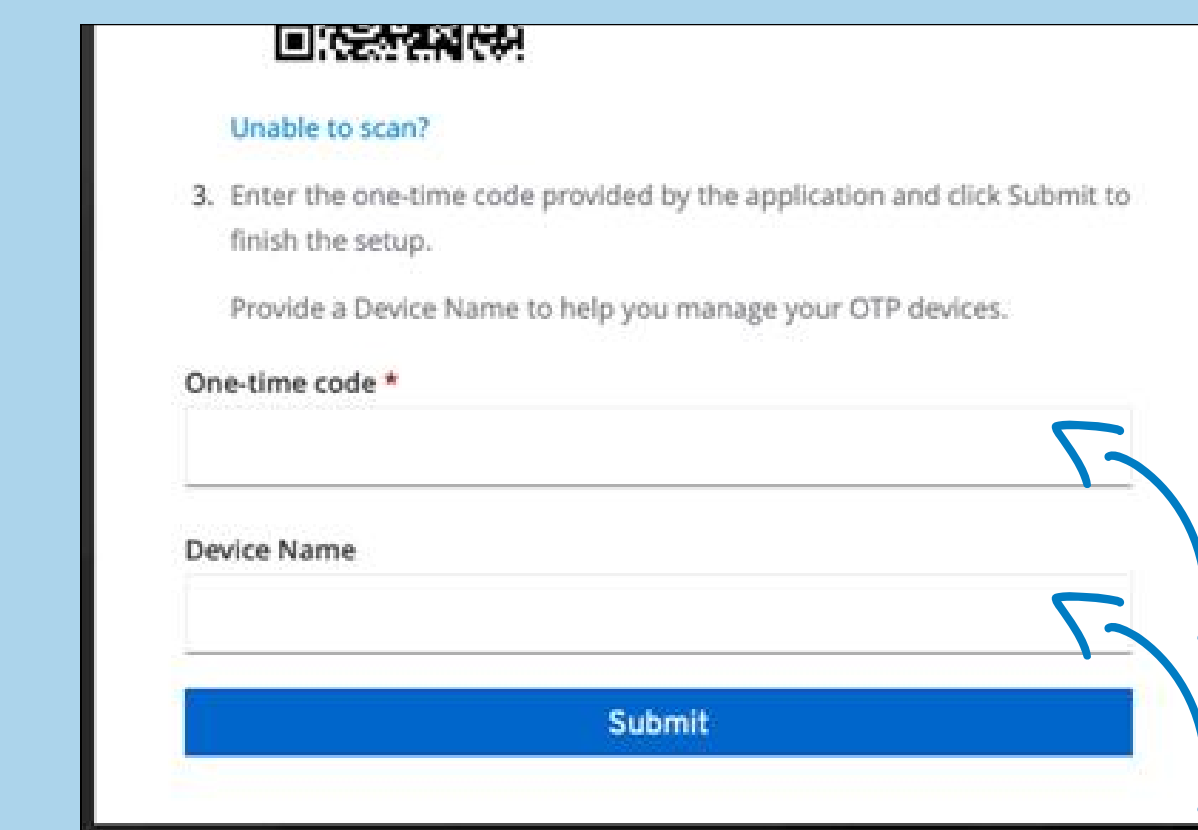
→ Click on Add



7

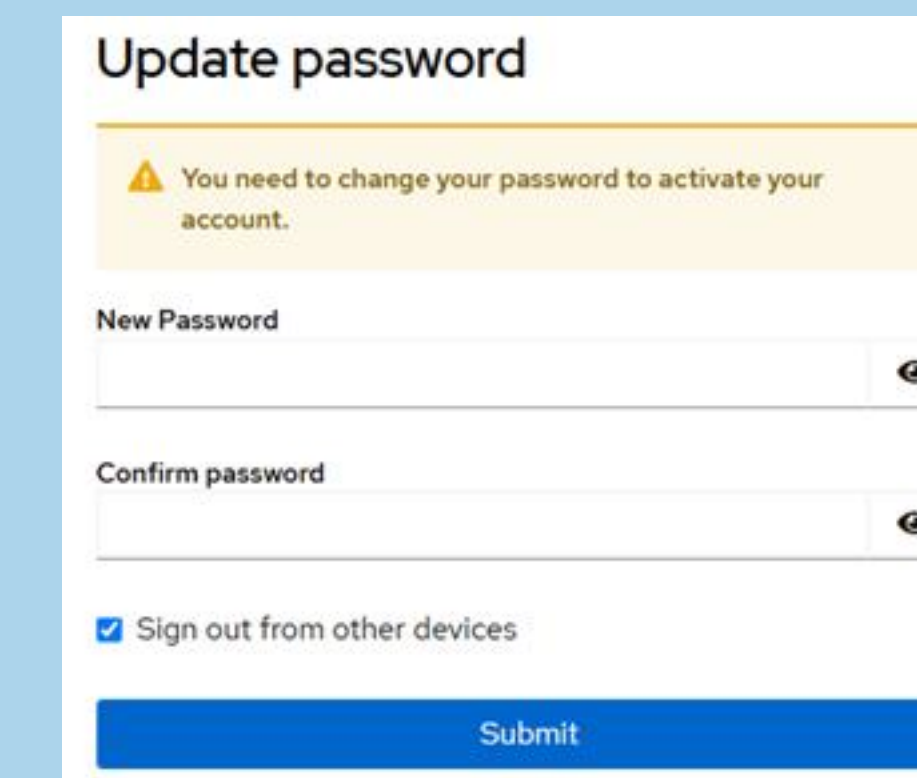
The authenticator App will add the account.

- You may be prompted to approve a notification on your phone to complete the set-up.
- Once the account is added, a six-digit code will be displayed for you to use for verification.
- Switching to the Strive log-in screen, enter that six-digit code in the "One-time code" field (scroll down the page).
- "Device Name" – add any name you like or leave blank
- Click "Submit"



8

Choose the password you want to use and click on "Submit".



MFA login
App only

Trouble setting up your MFA?

Contact the Canadian Natural IS Service Desk



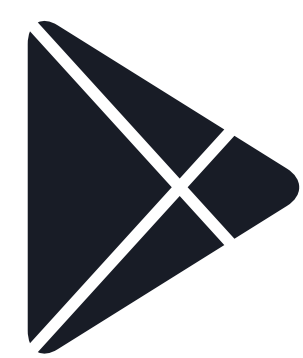




Phone
Mon-Sun 24/7.
+1 (403) 517-7100

Authenticator App

QR Codes

Downloading the desired app

Please scan the QR code for your desired app and platform.

	 GET IT ON Google Play	 Download on the App Store
 Google Authenticator		

Navigate back to instruction set:

- **Web - Accessing via Canadian Natural's CiNQ page**
- **Web - Accessing via www.Striveforhealth.ca**
- **Mobile App - Accessing via Strive Mobile App**

Trouble setting up your MFA?

Contact the Canadian Natural IS Service Desk



Phone
Mon-Sun 24/7.
+1 (403) 517-7100