

# Welcome to your EAP.

Feel supported and connected with a confidential Employee Assistance Program (EAP) and innovative wellbeing resource. Life can be complicated. Get help with all of life's questions, issues and concerns with TELUS Health. Any time, 24/7, 365 days a year. We offer support with mental, financial, physical and emotional wellbeing. Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to TELUS Health for a confidential service that you can trust.



## Life

- Retirement
- Midlife
- Student life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal issues

## Family

- Parenting
- Couples
- Separation/divorce
- Older relatives
- Adoption
- Death/loss
- Child care
- Education

## Health

- Mental health
- Addictions
- Fitness
- Managing stress
- Nutrition
- Sleep
- Smoking cessation
- Alternative health

## Work

- Time management
- Career development
- Work relationships
- Work stress
- Managing people
- Shift work
- Coping with change
- Communication

## Money

- Saving
- Investing
- Budgeting
- Managing debt
- Home buying
- Renting
- Estate planning
- Bankruptcy





Let us help.

## Understanding your Employee Assistance Program (EAP).

Your Employee Assistance Program (EAP) provides you with immediate and confidential help for any work, health or life concern. We're available anytime and anywhere.

Your EAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life.

You and your immediate family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

### Counselling Support

Your EAP can provide a series of counselling sessions with a professional and if you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial or organizational health plan.

### Confidentiality

Your EAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

Your **Employee Assistance Program (EAP)** provides you with immediate and confidential help for any work, health or life concern. We're available anytime and anywhere. Let us help.

### Let us help.

Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app.

Download the app now at your device app store.





Convenient access to online resources.



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## Solutions for your work, health and life.



### Achieve wellbeing

- Stress • Mental health concerns
- Grief and loss • Crisis situations



### Manage relationships and family

- Communication • Separation/divorce
- Parenting



### Deal with workplace challenges

- Stress • Performance
- Work-life balance



### Tackle addictions

- Alcohol • Drugs
- Smoking cessation • Gambling



### Find child and elder care resources

- Child care • Schooling
- Nursing/retirement homes



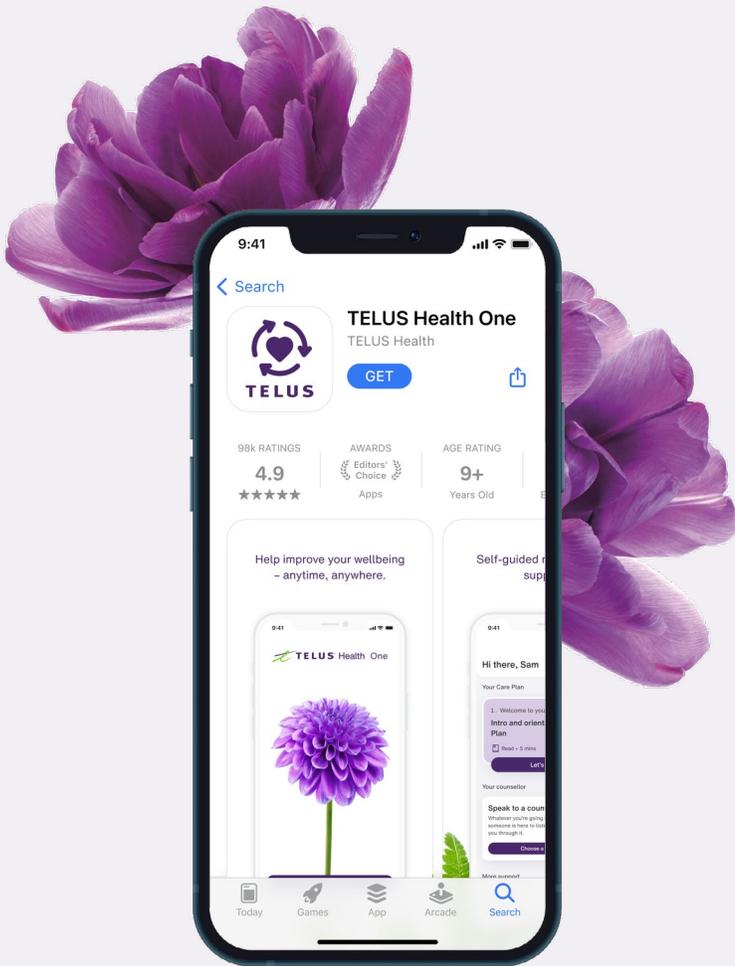
### Get legal advice

- Family law • Separation/divorce
- Custody



### Financial helpline support

- Debt management • Bankruptcy
- Retirement



 **TELUS**® Health

# Download the TELUS Health One app.

Feel supported and  
connected wherever you are.

With the TELUS Health One app, you can  
access your employee assistance program  
(EAP), which includes qualified support for your  
mental, physical, social and financial health.

- Search for resources and tools on topics ranging from **family and life to health, money and work**
- Stay connected to your organization through the **News Feed**
- Receive support on your own schedule with **CareNow**
- Access the **Total Wellbeing Assessment** to help identify your wellbeing strengths and opportunities for improvement

What's more, the app acts like your digital wallet card. You can call an EAP advisor with just one tap – toll-free, 24/7 – for expert advice, resources and referrals.

Download the TELUS Health One app today for convenient access to wellbeing support.

1. Download the free app on Android or iOS – simply search for 'TELUS Health One'.
2. Open the app, click on 'Log in' and enter your shared log-in credentials.



Username:

Password:

Call us, 24/7: