

✓ Here for you

There are no additional costs to access EAP services. Your plan provides up to 12 hours with a professional (number of actual hours may vary). If specialized or longer-term support is needed, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. Fees for additional services outside of your EAP are your responsibility but may be covered under your Group Benefit plan.

🔒 Confidentiality

TELUS Health 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.

Understanding your **employee assistance program.**

TELUS Health EAP provides you and your family with confidential help for work, health or life concerns.

The program is a 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 eligible family members can access support in a way that is most suited to your preferences and lifestyle.



Let us help.

Let us help.

Access your TELUS Health EAP 24/7 by phone, web or mobile app.

1-800-668-0193

Download the TELUS Health One app now.



Your **employee assistance program** provides you with immediate and confidential help for a broad range of work, health or life concerns. We're available when you need it most. Let us help.



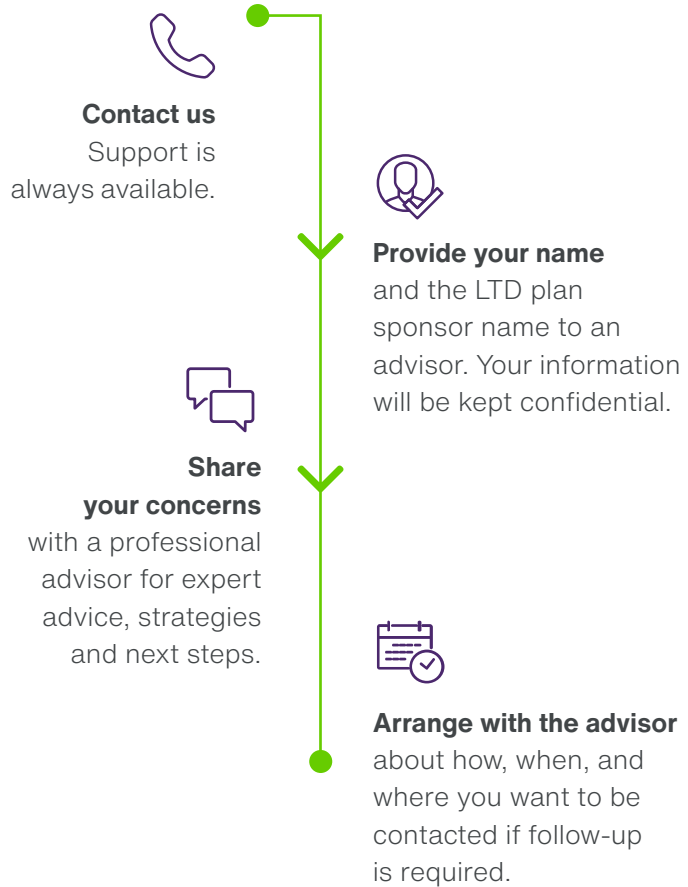


Convenient access to online resources.







Access your TELUS Health EAP 24/7 by phone, web or mobile app. Download the TELUS Health One app now.

one.telushealth.com

1-800-668-0193



Solutions for your work, health and life.

-  **Support 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.
-  **Financial helpline support**
Debt management, bankruptcy, retirement.



Download the TELUS Health One app or visit one.telushealth.com.



Username: Lifeworks1 Password: @OTIPTL123