

# Support your mental and physical health with TELUS Health.

## TELUS Health EAP.

Support your mental health with:



**Confidential mental health support**, including counselling, that can help you find solutions to the challenges you face.



**An online wellbeing platform** to access self-guided support, articles, resources and more.



**Work/life solutions** including family support services, legal and financial support, health coaching, child and elder care, nutritional support, and more.

## TELUS Health Virtual Care.



This service gives you and your immediate family\* on-demand access to healthcare practitioners, 24/7, from anywhere in Canada, who can help with:

**Medical Advice • Prescriptions • Specialists referrals • Lab work requests • Diagnosis**

\*Spouse and children under 26

Getting started with TELUS Health is easy.

- 1 Download the TELUS Health One app or visit [one.telushealth.com](https://one.telushealth.com)
- 2 Click Sign Up.
- 3 Enter your invitation code:
- 4 Access Virtual Care in the Life section of the platform.



Contact TELUS Health any time, 24/7, for support: