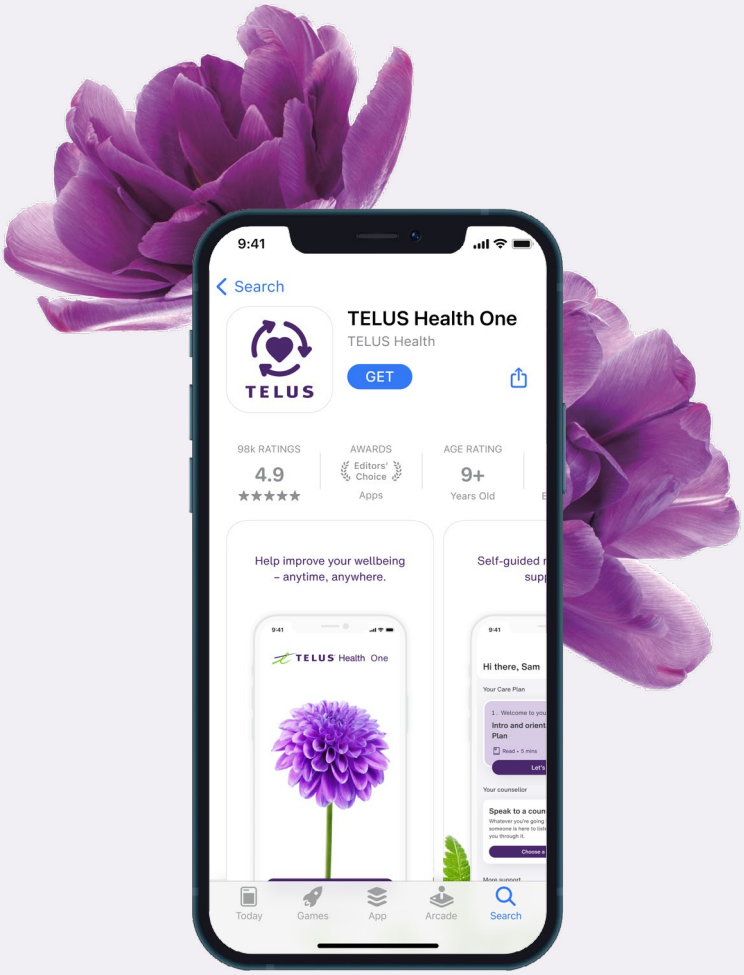


TELUS Health

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**
- 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.

Download on the App Store | GET IT ON Google Play

Username: **Securian**

Password: **lifeworks**

Call us, 24/7: **855-549-4879**