No cost

There is no cost to use the EAP. This benefit is provided to you by your employer, and can include a series of sessions with a professional. 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 health 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 immediate and confidential help for work, health or life concerns. We're available anytime and anywhere.

The program 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.

Let us help.

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

855-549-4879

Download the TELUS Health One app now.

TELUS Health

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

TELUS Health

Convenient access to online resources.

Visit one.telushealth.com

Username: Securian
Password: lifeworks

Call anytime: 855-549-4879

Contact us
Support is always available.

Provide your name and employer's name to an advisor. Your information will be kept confidential.

Share your concerns with a professional advisor for expert advice, strategies and next steps.

Arrange with the advisor about how, when, and where you want to be contacted if follow-up is required.

one.telushealth.com

Username: Securian
Password: lifeworks

TELUS Health

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.

Get legal advice

Family law, separation/divorce, custody.

Financial helpline support

Debt management, bankruptcy, retirement.