



Employee Assistance Program.

Feel supported, connected and rewarded every single day with expert advice, recommendations and referrals from a confidential Employee Assistance Program (EAP), and convenient access to online resources and tools.

Getting started with TELUS Health is easy.

- 1 Download the TELUS Health One app or visit one.telushealth.com
- 2 Enter:
- 3 Click “Next” and you will be redirected to single sign on for your organisation.



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

Connect online: one.telushealth.com or by mobile.





Telus Health (formerly LifeWorks) and School District No.22

Telus Health formerly Lifeworks is School District No. 22's Employee Family Assistance Program (EFAP). They provide all district employees with immediate and confidential help for any work, health, or life concern. Telus Health can offer support with mental, financial, physical and emotional wellbeing.

Feel Supported

If you're feeling stressed, having sleep problems, or worrying about your budget, connect with LifeWorks confidentially.



Resources available to you through Telus Health:

HEALTH COACHING: • Identify conditions • Manage symptoms • Discover natural healing strategies • Create an action plan	FINANCIAL SUPPORT: • Credit and debt management • Budgeting • Bankruptcy • Financial emergencies • Changing circumstances	LEGAL SUPPORT SERVICES: • Separation and divorce • Civil litigation • Custody and child support • Wills and estate planning
FAMILY SUPPORT SERVICES: • Maternity & parental leave • Adoption • Child care services • Adult day programs • Nursing & retirement homes	CAREER COACHING PROGRAMS: • Work-life balance • Conflict • Career planning • Bullying and harassment	NUTRITIONAL CONSULTATIONS: • Weight management • Boost energy and resilience • High cholesterol • High blood pressure • Diabetes
COUNSELLING SERVICES: • Delivered primarily in-person, video, and telephonic modalities includes 24/7/365 access to crisis counselling.	MANAGEMENT AND PEOPLE LEADER CONSULTATIONS: • Immediate consultations for people leaders. Extensive resources and toolkits	SMOKING CESSATION PROGRAM: • Different techniques and materials to help smokers cut back and/or stop smoking and to keep them on track.