



# Employee Assistance Programme

Feel supported, connected and rewarded every single day with expert advice, recommendations and referrals from a confidential Employee Assistance Programme (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](https://one.telushealth.com)
- 2 Open the app, click on 'Log in' and enter your shared log-in credentials.



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

Connect online: [one.telushealth.com](https://one.telushealth.com) or by mobile.