



Care for your wellbeing with **TELUS Health.**

TELUS Health EAP empowers you to select the support that aligns with your needs and goals. Whether you're experiencing a specific challenge, or you're looking to improve your overall mental health, your employee assistance program (EAP) is here to help.

You can choose the support that works best for you:

- **Wellbeing Assessments:** identify areas for growth
- **CareNow programs:** self-paced digital programs for various health topics
- **Counselor-Assisted Program:** CareNow programs paired with counselor touchpoints
- **Professional Consultations:** 1:1 support to help address work or personal challenges
- **Counselor support:** 1:1 care with a mental health professional
- **Digital tools, articles and wellbeing resources:** available anytime, anywhere
- **24/7 crisis support:** immediate assistance whenever you need it

Get started on your path to wellbeing.



Call 855-549-4879 or visit one.telushealth.com
Username: autonation Password: lifeworks

Need help?

The TELUS Health care team is ready to help you navigate to the right resources. Reach out using the chat function on TELUS Health One.

For technical support visit one.telushealth.com/help.

