



Your confidential **Employee Assistance Program (EAP)**, and resources to support your mental, physical, social, and financial wellbeing.





## Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app.

- 1 Download the TELUS Health One app or visit [one.telushealth.com](https://one.telushealth.com)
- 2 Log in with the username and password below:

Username:

Password:

Online:

Call us:

