



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 Enter:
- 3 Click "Next" and you will be redirected to single sign on for your organization.

Online:

Call us:

