



# Employee Assistance Program (EAP).

Discover how counselling can help you.

Your EAP is a confidential support service offered by TELUS Health (formerly Lifeworks) that helps you find solutions to the challenges faced at any age and stage of life.



**Your EAP is a confidential and voluntary support service** that can help you take the first step toward change.



**You and your immediate family members (as defined in your benefit plan)** can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

Call us for 24/7 EAP support:

 **TELUS** Health





## Employee Assistance Program (EAP)

### Reach out. Get help. Feel better.

You can trust the Employee & Family Assistance Program (EAP) to help you and your family find solutions for a wide range of life's challenges.

Caring professionals can help you access support related to:

- Fitness and physical health
- Mental health
- Relationships
- Nutrition and naturopathic medicine
- Finances
- Elder care
- Legal

There are many ways to get help today - all completely confidential.

You and your eligible family members can receive support over the telephone, in person, online, and through a variety of health and wellness resources. For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family's health. You'll get practical and fast support in a way that is most suited to your preferences, learning preference and lifestyle.

## Solutions for a wide range of life's challenges.

Let us help you:



### Nutrition support

- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease



### Achieve well-being

- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions



### 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



### Focus on your health

- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies
- Create an action plan for better health



### Manage relationships and family

- Separation and divorce
- Elder care
- Relationship conflict
- Parenting
- Blended Family issues



### Deal with workplace challenges

- Work-life balance
- Conflict
- Career planning
- Bullying and harassment



### Find child and elder care resources

- Maternity and parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs
- Nursing and retirement homes



### Tackle addictions

- Alcohol
- Tobacco
- Drugs
- Gambling
- Other addictions
- Post-recovery support

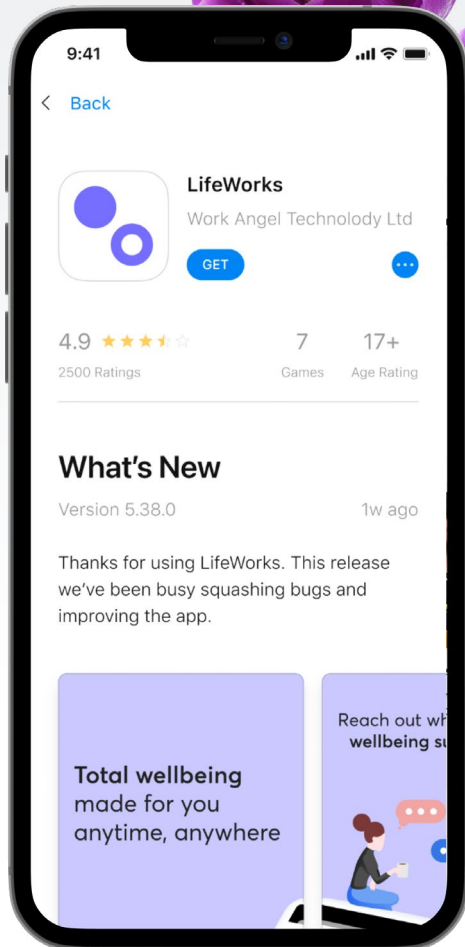


Visit us online:

Call us, toll-free, 24/7:

Username:

Password:



## Download the LifeWorks app.

Feel supported and connected wherever you are.

With the innovative LifeWorks app, you can access qualified support for your mental, physical, social and financial well-being, any time, from anywhere.

- Search for resources and tools on topics ranging from **family and life to health, money and work**
- Celebrate great work with **Recognition** and keep everyone connected with a social **News Feed**
- Take advantage of **Perks**, helping you save money on daily essentials and luxuries from top brands and retailers
- **Access wellbeing assessments** and challenges to track your progress and unlock rewards after reaching your goals

What's more, the app acts like your digital wallet card. You can call an Employee Assistance Program (EAP) advisor with just one tap - toll-free, 24/7 - for expert advice, resources and referrals.

Download the LifeWorks app today for convenient access to wellbeing support.

- 1 **Download the free app** on Android or iOS – simply search for 'LifeWorks'.



- 2 **Open the app, click on 'Log in'** and enter your shared log-in credentials.

Username:

Password:

Call us, 24/7:

TTY:



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

