



Expert help with life, work and everything in between.

Your benefits plan is made up of a lot more than traditional health and dental coverage. GroupHEALTH includes exclusive access to TELUS Health (formerly LifeWorks), your Employee & Family Assistance Program - available through the TELUS Health One mobile app, anytime and anywhere you need it.

WHAT IS TELUS HEALTH?

TELUS Health offers 24/7 support with life, health, family, money, work & everything in-between. You can access professional and confidential support, on a variety of personal and work-related topics.

Whether you have questions about handling stress, maintaining relationships, challenges at work, parenting & childcare, managing money, caring for an older relative, or mental health issues, you can connect to TELUS Health for confidential information and support.

WHAT YOU GET WITH TELUS HEALTH



24/7 BEST-IN-CLASS COUNSELLING

Access TELUS Health's network of clinical counsellors and certified coaches via phone, chat, video, or in person to help you through life's work and personal challenges, any time, 24/7, 365 days a year.



FIND HELPFUL RESOURCES, FAST

Search the website or TELUS Health One mobile app by topic to find the resources you need. Enjoy regular article, video, and podcast updates and recommendations customized for you.



TOOLKITS

Equip yourself to take on life's challenges with action oriented strategies designed to help you succeed.

HOW CAN I ACCESS TELUS HEALTH?

Because you're a member of a GroupHEALTH benefit plan, TELUS Health is available to you through the mobile app, website, or over the phone.



Download the mobile app

Search 'TELUS Health One' in your phone's App Store, download, log in and enjoy TELUS Health resources on-the-go!

Visit one.telushealth.com

Visit the website to check out what TELUS Health has to offer.

Call TELUS Health Toll-Free

Call at any time to talk to access personalized support in real time.
1-866-331-6851



Expert help with life, work and everything in between.

one.telushealth.com

Username

Password

Toll Free

TTY

En français

