



Welcome

to your **EFAP**

Feel supported with a confidential **Employee Family Assistance Program (EFAP)** and innovative wellbeing resource.

Get help with all of life's questions, issues and concerns with TELUS Health.



- **Telus Health** provides solutions for your work, health and life.
- There is no cost to use the **EFAP**.
- Completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.
- **TELUS Health EFAP** provides you and your family with immediate and confidential help for work, health or life concerns. We're available anytime and anywhere.

SERVICES INCLUDE

- Supporting wellbeing
- Managing relationships and family
- Dealing with workplace challenges
- Tackling addictions
- Child and elder care resources
- Legal advice
- Financial helpline support

Access your  **TELUS** Health EFAP 24/7 by phone, web or mobile app.

