



Welcome to your **Employee Assistance Program**

Feel supported, connected, and rewarded every single day with expert advice, recommendations and referrals from TELUS Health (formerly LifeWorks). Your confidential Employee Assistance Program (EAP), which provides convenient access to online resources and tools, including the platform's news feed, a wealth of wellbeing content, and exclusive perks and special offers.

Getting started with our EAP is easy.

1 Download the app or visit login.lifeworks.com.



2 Log in with the username and password below.

Contact the EAP any time, 24/7, for qualified support:

To connect online: one.telushealth.com or by mobile app.

Username:

Password:

For technical support, visit help.lifeworks.com, and submit a request. Session with a counsellor is scheduled after booking an appointment.