

Employee Assistance Program

Helps you deal with life's everyday challenges



Whatever challenge you're facing, whether it's your career, relationships, parenting or overall health and well-being, the RBC Insurance® Employee Assistance Program (EAP) is here to help you. This comprehensive resource is available to you and your eligible* dependants as part of your RBC Insurance Group Benefit Solutions plan.

Get the support you need, the way you choose:



By telephone: Call us anytime, 24 hours a day, 7 days a week, knowing it's completely confidential. An expert will get to know your needs and direct you to the best and most appropriate resources.



By live webcam or in person: Access face-to-face counselling by video or in person.



By visiting our website or app: Access articles, educational materials, toolkits, podcasts and so much more.

To access resources by phone:

English: 1-877-630-6701

French: 1-877-588-1299

TTY/TDD: 1-877-371-9978

To access online resources:

Plan members with health coverage:

Log in to the Online Group Benefit Solutions service or the RBC Insurance My Benefits app and select "Wellness" or "Employee Assistance."

Plan members with only disability coverage:

Visit <https://one.telushealth.com> or launch the TELUS Health One app and enter the user ID and password: **rbceng**.



Insurance