



Welcome to TELUS Health

TELUS Health (formerly LifeWorks) blends the best user experience and clinical expertise together to help people everywhere achieve total mental, physical, social and financial wellbeing. It has both your Employee Assistance Program (EAP) and personalized wellbeing resources that can support you and your dependents with issues related to work, life and everything in between.

Whether you have questions about handling stress at work and home, parenting and childcare, managing money, or health issues, you can turn to TELUS Health for a confidential service that you can trust.

All the events start at 1PM ET

Employee orientations:

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| <u>January 25</u> | <u>July 18</u> |
| <u>February 8</u> | <u>August 15</u> |
| <u>March 21</u> | <u>September 12</u> |
| <u>April 11</u> | <u>October 8</u> |
| <u>May 7</u> | <u>October 10</u> |
| <u>May 9</u> | <u>November 21</u> |
| <u>June 13</u> | |

