

Together, We THRIVE



Your Partners in Well-Being

Prioritizing your mental health isn't just a personal wellness trend, it's the foundation that lets you show up fully for the people who count on you. When you utilize your TELUS Health benefits, you gain access to a comprehensive support system, including confidential counseling, professional therapists, and digital self-care tools. These resources help you manage stress, clarify priorities, and build the emotional resilience needed to be your best self for your family, friends, and coworkers.

The healthier you feel, the more likely you are to set healthy boundaries, and the easier it becomes to model positive coping habits for those around you. By leveraging the free EAP sessions, expanded care options, and digital wellness solutions, you turn self-care into a proactive investment in your relationships. You're not just "bettering yourself," you're strengthening the whole network that depends on you, creating deeper connections, and fostering a culture of support that benefits family, friends, and coworkers alike.

Turn Self-Care into Collective Strength



Protect Your Peace

Set clear boundaries.
Guarding your emotional
energy keeps you calm and
ready to support others



Check In With Yourself

Naming emotions builds
self-awareness and gives
you the insight to respond
rather than react.



Apply & Pass It On

When you feel balanced,
you become a more patient
partner, a clearer teammate,
and a steadier friend.



800-245-1150

www.telushealth.com/en-us

Benefits may vary. Call TELUS Health.





With TELUS Health by Your Side

Call your designated TELUS Health Care Coordinator at **800-245-1150** or log in to the **TH MemberAccess portal** at www.telushealth.com/memberaccess. From the portal you can view your full suite of benefits, request an appointment referral, and explore a wealth of wellness resources such as newsletters, fact sheets, national hotlines, self-assessment tools, and more. Having TELUS Health right there, ready to guide you, means you never have to navigate challenges alone; we become the steady partner that keeps you on track so you can focus on thriving in every aspect of life.

What Do Your Benefits Include?



Free EAP Visits & Expanded Care

In-Person / Virtual Confidential counseling to manage stress, anxiety, or life transitions.



Work / Life Benefits

Legal, Financial & Eldercare Consults to offer expert guidance on life's practical challenges.



Digital Solutions With MemberAccess & EASE

On-demand well-being resources that fit your schedule, anytime, anywhere.



Access to the TELUS Health Network

Nationwide coverage that lets you choose from thousands of in-network providers.

National Resources

You can contact the following resources at any time for additional support:

National Suicide Prevention Lifeline: Call 1-800-273-8255 or text 988

National Alliance on Mental Illness: Call 1-800-950-6264 or text HOME to 741741

Substance Abuse & Mental Health Services Administration: Call 1-800-662-4357

National Domestic Violence Hotline: Call 1-800-799-7233 or 1-800-787-3224

National Parent & Youth Helpline: Call 1-855-427-2736



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