



Your Employee Assistance Program

Your Employee Assistance Program (EAP) is a confidential wellbeing resource, available any time, to help you find answers to questions about work, life, health, family or money. They can offer expert advice, support, practical resources and referrals to help you manage life's issues and challenges – whether personal or professional.



Free

It does not cost you anything to use the EAP – it's completely free!



Confidential

Your privacy is important, and the pharmacy will not know if you've reached out or what you have discussed.



Qualified counsellors

EAP counsellors are highly qualified and carefully screened to verify their credentials and level of experience.



No issue is too small

Whether you are experiencing financial, relationship, work, mental or physical challenges or something else, support is available.



Let us help

1

Download the TELUS Health One app or visit: one.telushealth.com

2

Open the app, click on 'Log in' and enter your shared log-in credentials.

3

Username:

Password:

4

You can also call **1300 361 008**

Contact TELUS Health any time, 24/7, for support.