

# Employee Assistance Programme

Feel supported, connected and rewarded every single day with expert advice, recommendations and referrals from a confidential Employee Assistance Programme (EAP), and convenient access to online resources and tools.

Getting started with TELUS Health is easy.

- 1 Download the TELUS Health One app or visit [one.telushealth.com](https://one.telushealth.com)
- 2 Watch your email inbox for an invitation to join the platform.

