



Employee Assistance Program.

Feel supported, connected and rewarded every single day with expert advice, recommendations and referrals from a confidential Employee Assistance Program (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
- 2 Open the app, click on 'Log in' and enter your shared log-in credentials.

Username: **deltaschool**

Password: **healthy**



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

1-888-307-0590

Connect online: one.telushealth.com or by mobile.



TELUS Health

Employee and Family Assistance Program (EFAP) provided through TELUS Health

Whether you have questions about handling stress, maintaining relationships, work challenges, parenting and childcare, caring for an older relative, managing finances or health issues, you can turn to the Employee and Family Assistance Program for confidential information and support.

You and your eligible family members can receive free support over the telephone, in person, and through a variety of online health and wellness resources – whatever works best for you!



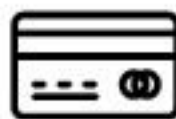
Nutrition Support

- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease



Achieve Well-being

- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions



Financial Support

- Credit and debit management
- Budgeting
- Bankruptcy
- Financial emergencies
- Changing circumstances



Legal Support Services

- Separation and divorce
- Civil litigation
- Custody and child support
- Wills and estate planning



Health

- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies
- Create an action plan for better health
- Tackling addictions (alcohol, tobacco, drugs, gambling) and post-recovery support



Relationships and Family

- Separation and divorce
- Elder care
- Relationship conflict
- Parenting
- Blended family issues



Workplace Challenges

- Work-life balance
- Conflict
- Career planning
- Bullying and harassment



Child and Elder Care Resources

- Maternity and parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs
- Nursing and retirement homes

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