



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.

TELUS Health (formerly LifeWorks) offers support with mental, financial, physical and emotional wellbeing. 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 events take place on Wednesday at 1PM EST.

Employee orientations:

- [January 24th](#)
- [February 14th](#)
- [March 13th](#)
- [April 10th](#)
- [May 1st](#)
- [June 12th](#)
- [July 17th](#)
- [August 14th](#)
- [September 4th](#)
- [October 2nd](#)
- [October 9th](#)
- [November 20th](#)

Manager orientations:

- [February 7th](#)
- [April 24th](#)
- [July 10th](#)
- [August 28th](#)
- [September 25th](#)
- [November 6th](#)

