



# Welcome to TELUS Health

TELUS Health 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.

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 the events start at 1PM ET

## Employee orientations:

- [January 23](#)
- [February 6](#)
- [March 20](#)
- [April 10](#)
- [May 6](#)
- [May 8](#)
- [June 12](#)
- [July 17](#)
- [August 14](#)
- [September 11](#)
- [October 7](#)
- [October 9](#)
- [November 20](#)

## Manager orientations:

- [January 30](#)
- [April 29](#)
- [May 1](#)
- [July 10](#)
- [September 23](#)
- [September 25](#)
- [November 6](#)

