

# Employee and Family Assistance Services (EFAS)

## *Services overview*

EFAS, provided by TELUS Health, offers convenient and personalized **programs and resources to support all four pillars of your health and well-being: physical, mental, social and financial.**



### Counselling services

**Mental health support:** Receive counselling to address a wide variety of scenarios including diagnosed mental health issues, stress management and relationship guidance.

**Specialized counselling:** Get support for trauma and critical incidents.

**Total well-being assessment:** Better understand and explore opportunities to optimize your mental well-being and resilience.

**AbilitiCBT:** Access a digital, therapist-guided, cognitive behavioural therapy program offering mental health support via self-directed modules.



### Lifestyle management services

#### Healthy living services

**Nutrition support:** Learn about diet, nutrition and food choices.

**Health coaching:** Receive a health assessment and develop an action plan for a range of physical health issues.

#### Online Stress Management Program:

Learn how to manage and cope with stress.

**Naturopathic advice services:** Learn about healthy sleep, boosting immunity and more.

#### Family support services

##### Online Relationship Support Program:

Learn about relationship building blocks through a three-month self-directed program.

**Family support resources:** Get information on childcare, parenting, elder care, grief and more.

##### Online Separation and Divorce Program:

Gain insight and positive coping strategies through a three-month self-directed program.

## Career support services

**Career advice services:** Assess career interests and aptitudes and learn strategies for work-life balance.

**Work-life resiliency coaching:** Work with a coach to perceive, process and respond to stressful situations.

**Retirement planning:** Explore retirement related challenges and develop a transition plan.

## Financial and legal services

**Financial advice services:** Develop strategies for saving, debt management, budgeting and more.

**Online Financial Planning Program:** Improve your financial literacy and build a personalized plan through a three-month self-directed program.

**Legal advice and referral services:** Receive general advice on family law, real estate, bankruptcy and more.

## Find more information

Employees need to register to use the new app and website. To access TELUS Health:



**Phone:** Call 1-800-655-5004 and speak to a Care Navigator



**Web:** Visit [one.telushealth.com](https://one.telushealth.com)



**Mobile app:** Search 'TELUS Health One' in the App Store or Google Play