

Online Programs

Interactive programs providing personalized, convenient and secure support.

TELUS Health member assistance program is committed to providing anywhere, anytime support. Our suite of expertly developed online programs offers a convenient and secure option to help you resolve a range of challenges, at your own pace. All programs are three months in duration. Access them today and get started on a path to a healthier you.

Through individualized support from a qualified health coach, you'll learn practical skills and increase your chances of success and the likelihood of longterm maintenance. The program features five specific coaching modules:



Convenient and secure.

- Convenient and private access to the programs online
- Privacy with secure data transmission and storage

LIFT Session Virtual Fitness.

Being physically active and working out isn't easy, especially when juggling work, family, and other priorities. Virtual fitness makes it easy for you to get active and reach your fitness goals. Combining technology and live coaches who interact with you creates a convenient solution to workout safely at maximum efficiency, achieve results faster, and have fun!



Enhancing your relationship program.

Developed in collaboration with clinical experts in the field of intimate relationships, the program's resources teach you about relationship building blocks such as communication and conflict resolution, and then move on to explore specific topics of focus. Interactive features include self-assessments, checklists and goal-setting. This program helps individuals and couples achieve greater understanding of and satisfaction in their intimate relationships.

Separation and divorce program.

Developed in collaboration with clinical, legal and financial experts on the subject, you will learn how to better manage and respond to the challenges associated with separation or divorce. Interactive features include self-assessments, checklists and goal-setting. This program helps individuals and families learn to understand and successfully cope with this life event and the changes that come with it.

Financial planning service.

Improve your financial education and create an action plan for your future. You will begin this program with an assessment to determine your individual financial situation. Your assessments results will help you build a personalized action plan. You will use worksheets, calculators and task lists to keep your plan on track.

Enriching your career.

This self-help online program is designed to help you gain more satisfaction in your current job. Through tools and tips, you will learn more about enhancing job performance and satisfaction, and optimizing success.

Retirement ready.

This self-help online program offers individuals wide-ranging support and information to help prepare for this important stage in their life.



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