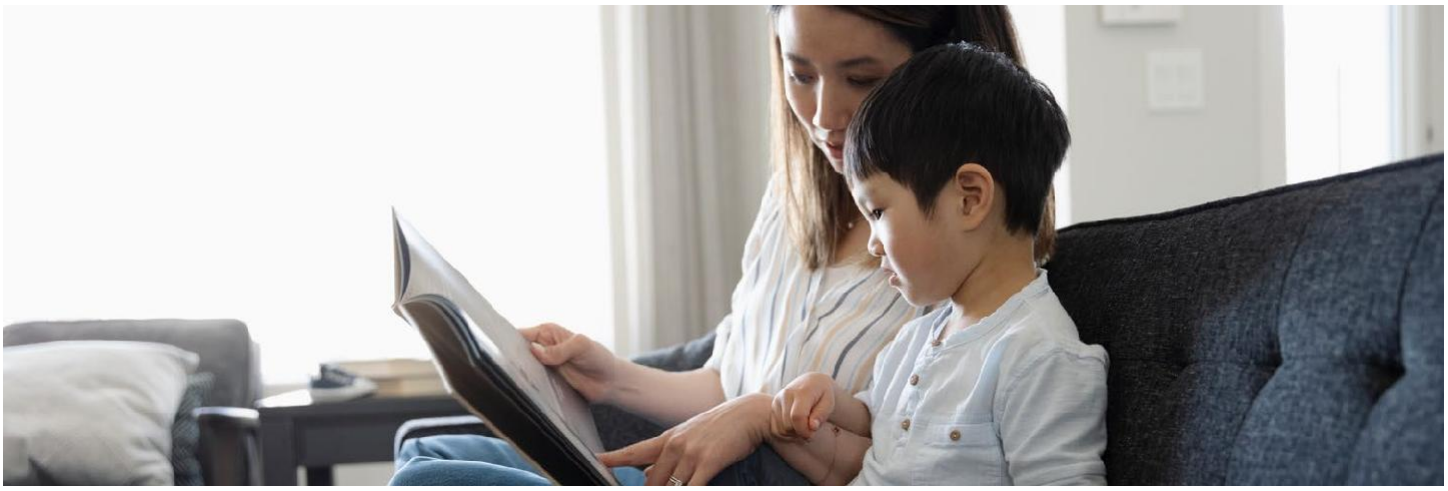


Member assistance program

When facing a major life change or difficulty, it can be hard to stay focused. To help you in your time of need, your group benefits plan has an member assistance program called Contact™.

Canada Life offers Contact with services provided by TELUS Health, a global health and well-being leader. You and your family can get confidential, bilingual support for free, 24 hours a day, seven days a week.

You can get help with:

- Relationships
- Family and parenting
- Career
- Addiction

How does it work?

A qualified counsellor works with you to find solutions to problems in a short time frame. This short-term counselling is flexible and includes as many sessions as you need. You can choose from six counselling options: face to face, phone, e-counselling, video counselling, online chat and self-directed resources.

If you need long-term, specialized attention, counsellors will refer you to a community resource to help you. Although this third-party counselling isn't covered under Contact, your Contact counsellor will keep in touch with you (with your permission) and manage the case until your treatment ends.

What Contact offers

- Confidential assessment, counselling and referral
- Crisis intervention
- Health information and well-being assessment
- Nutrition information
- Legal and financial consultation and referral
- Childcare and eldercare information and resource referral
- Subscribed newsletters
- Interactive online resources and virtual support

Ready to get started?

Call TELUS Health toll-free at **1-866-289-6749**. If you're hearing impaired, you can access services 24 hours a day, seven days a week by dialing 711 (in Canada or the U.S.).

Sign into **mycanadalifeatwork.com** and access the TELUS Health website under the **Benefits** section.

Download the TELUS Health One app and enter:
Username: canadalife
Password: telus1

Services offered by:

TELUS Health

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