**Subject: New Employee Assistance Program (EAP) Now Available with Your Coverage**

Hello!

We are excited to introduce a new Employee Assistance Program (EAP) powered by TELUS Health and included with your coverage at no additional cost. This professional and confidential service is available 24/7, 365 for you and your family’s personal well-being.

**Key Features:**

* **Mental Health:** Solution-focused, meaning the number of sessions provided is based on what is considered clinically appropriate
* **Child and Elder Care:** Support for finding care, parenting, and caregiver burnout
* **Legal Services:** Free 30-minute consultation and discounts on legal fees
* **Flexible Communication:** In-person, phone, online chat, or video counseling
* **Work Services:** Help with organizational restructuring and workplace relationships
* **Financial Services:** Guidance on budgeting, retirement planning, and more
* **Additional Support:** Assistance with stress, life changes, substance use, and everyday life challenges

**Flexible Access:**

* **Online:** [**https://one.telushealth.com**](https://one.telushealth.com)
  + **Username:** PacificLifeEAP
  + **Password (case sensitive):** wellness
* **Call:** (866) 443-0854
* **Download:** TELUS Health One app
  + [Apple App Store](https://apps.apple.com/ca/app/telus-health-one/id662088737)
  + [Google Play Store](https://play.google.com/store/apps/details?id=com.wam.android&hl=en_US)
* **View:** [**Employee Assistance Program Flyer**](https://www.pacificlife.com/content/dam/paclife/wbd/public/Employee-Assistance-Program-WB-139.pdf)

We trust these services provide valuable support throughout the year. For more information, please contact us.

TELUS Health is not a subsidiary or aﬃliate of Paciﬁc Life.

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