



Your confidential **Employee Assistance Program (EAP)**, and resources to support your mental, physical, social, and financial wellbeing.





Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app.

- 1 Download the TELUS Health One app or visit one.telushealth.com
- 2 Log in with the username and password below:

Username:

metlifeeap

Password:

eap

Online:

one.telushealth.com

Call us:

888-319-7819

