



Find easy access to EAP support.

Download the TELUS Health One app.

Feel supported and connected wherever you are.

With the TELUS Health One app, you can access your Employee Assistance Program (EAP), which includes support for your mental, physical, social and financial health.

- Search for resources and tools on topics ranging from **family and life to health, money and work**.
- Browse hundreds of articles, toolkits, audio recordings and more, based on your interests and find tools for everyday life.
- Receive support on your own schedule with **CareNow**.

What's more, the app acts like your digital wallet card. You can call the EAP with just one tap –toll-free, 24/7 for expert advice, resources and referrals.

Download the TELUS Health One app today for convenient access to EAP and wellbeing support.

1. Download the free app on Android or iOS – simply search for 'TELUS Health One'.
2. Open the app, click on 'Log in' and enter your shared log-in credentials.



GET IT ON

Username: **metlifeeap**

Password: **eap**



Call us, 24/7: **888-319-7819**