



TELUS HEALTH EAP

Life does not always go as planned. You can't always avoid what life throws your way, but you can get help to move forward. The EAP is available to help you and your family maintain healthy work-life balances through assistance with personal needs.

The Employee Assistance Program, sometimes referred to as EAP, is available through TELUS Health. The EAP is a free and confidential service provided by your employer that offers resources to employees and their eligible dependents.

A TELUS Health licensed counselor is available 24/7, 365 days a year, completely confidential! Your program includes up to 5 phone or video consultations with licensed counselors per issue, per calendar year.

Access your TELUS Health EAP 24/7 by phone, web, or mobile app.

Provide your name and employer's name (**SYNCHRONYHR**) to an advisor. Your information will be kept confidential.

Ph: 888-319-7819

Visit one.telushealth.com
Select "Log in" and enter:

- Username: metlfeeap
- Password: eap

Download the TELUS Health One app in your App Store



Solutions for your work, health and life.



Support wellbeing

Stress, mental health concerns, grief and loss, crisis situations.



Manage relationships and family

Communication, separation/divorce, parenting.



Deal with workplace challenges

Stress, performance, work-life balance.



Tackle addictions

Alcohol, drugs, smoking cessation, gambling.



Find child and elder care resources

Child care, schooling, nursing/retirement homes.



Get legal advice

Family law, separation/divorce, custody.



Financial helpline support

Debt management, bankruptcy, retirement.