

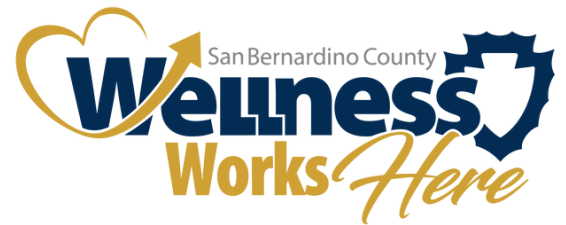
# Employee Assistance Program (EAP)

Call Telus Health at 1.800.234.2939

**24/7 Free Counseling for Employees & Families**

## Short-Term, Solution-Focused Therapy

- Life, Family, Finance, Health & More
- Phone, Video & In-Person Appointments
- Offers 24/7 Access to Counseling



## Financial & Legal Resources

- Free Consultations & Discounts on Services
- Document Preparation Self-Service
- Budget Tools & Financial Calculators
- Retirement Planning, Investing, & Tax Tips

## Health & Wellness Coaching

- Stress and Sleep Management
- Tobacco and Nicotine Cessation
- Weight Management
- Diabetes Prevention & More!



Visit EAP



Visit Online: [one.telushealth.com](https://one.telushealth.com)

User Name: COSB

Password: LifeWorks