

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

Health & Wellness Coaching

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



**Visit the
EAP Website**



Visit Online: login.lifeworks.com

User Name: COSB

Password: LifeWorks