

Get help for what matters to you, when and how you want.

Improve nutrition

- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease

Tackle addictions

- Alcohol
- Tobacco
- Drugs
- Gambling
- Other addictions
- Post-recovery support

Manage family & relationships

- Separation/divorce
- Elder care
- Relationship conflict
- Parenting
- Blended family issues

Find child & elder care help

- Maternity/parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs

Achieve well-being

- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions



Focus on your health

- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies

Get financial guidance

- Credit and debt management
- Budgeting
- Bankruptcy
- Financial emergencies

Get legal advice

- Separation/divorce
- Civil litigation
- Custody and child support
- Wills and estate planning

Deal with workplace challenges

- Work-life balance
- Conflict
- Retirement planning
- Career planning
- Bullying and harassment

Call 24/7/365 for confidential and immediate support with your work, health and well-being.

***NEW* phone number dedicated to CADA 360 plan members:
1-833-701-2540**

Go online to the **TELUS Health One** platform to explore the wealth of resources available: one.telushealth.com

If you haven't registered before, speak to your plan administrator to find out how to.

Download the TELUS Health One App

Use the same web credentials to log in on your mobile



Provided to you by:

