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

## Create your unique invitation code to sign up online

You only have to sign up once online – all you need is your CADA 360 benefits card, your birthdate, and a device to log in to.

- 1. Go to: one.telushealth.com and click on Sign Up
- Your unique 20-character invitation code must begin with CAD- followed by your CADA 360 Plan number + the last 6 characters of your Member ID + the DDMM of your birthday. Do not enter any spaces. Here's a sample:

## CAD-1234565678902406

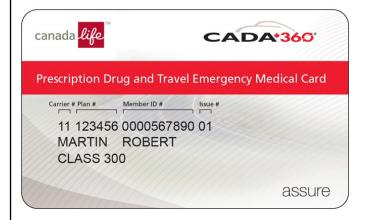
Enter exactly Plan Member Birthday as shown Number ID DDMM above 6 digits 6 characters 4 digits

Enter the 6 digits of your CADA 360 Plan number shown on your benefits card. If less than 6 digits, add a zero to the front to get a total of 6 digits.

Only enter the last 6 characters of your Member ID. If it is less than 6 characters, add zeros to the front to get a total of 6 characters.

If your birth date or birth month is a single digit, add '0' so that there are 4 digits in DDMM (Example: June 24 is 2406).

- 3. Once you're in, you'll see 'CADA' in place of your first name and your plan number in place of your last name. Update your personal details.
- Click submit and you'll enter the site. Save your credentials for your next visit — simply go to one.telushealth.com



If you don't have a drug card, contact your plan administrator.

## **Download the TELUS Health One App**

Use the same web credentials to log in on your mobile





<u>Call</u> **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

Provided to you by:



