

# 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](https://one.telushealth.com) and click on Sign Up
2. Your unique 20-character invitation code must begin with **RET-** 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:

**RET-3449990003012406**

Enter exactly as shown above	Plan Number <i>6 digits</i>	Member ID <i>6 characters</i>	Birthday DDMM <i>4 digits</i>
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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.
4. Click submit and you'll enter the site. Save your credentials for your next visit — simply go to [one.telushealth.com](https://one.telushealth.com)

### Download the App

Use the same web credentials to log in on your mobile



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**

Provided to you by:

