

# LifeJourney

Health and wellness for today's employee.



TELUS Health has broadened its offering to bring together two virtual primary care services: Akira by TELUS Health and EQ Care, that offer 24/7 on-demand access to healthcare professionals. We are now expanding our service offering further into employee health and wellness support.

## Introducing an evolution of an Employee and Family Assistance Program.

LifeJourney™ offers an integrated user experience to your employees and their dependants<sup>1</sup>, enabling them to manage health and wellness in one single destination focused on the human experience.

Our trained and compassionate care advocates are available to offer support to employees or their dependants<sup>1</sup>. Since each member has unique needs, care advocates work with them to develop personalized care plans tailored to their specific concerns.



### Primary care

Solutions for acute and chronic physical health conditions

- Prescriptions
- Lab and specialist referrals

### Work/life balance

Access to support various life milestones that require professional advice.

- Financial advice
- Legal advice

### Mental health

Confidential and convenient virtual mental health care including counseling and personal crisis management.

- Guided learning online therapy - dCBT
- Face-to-face online counseling

### Well-being

Consultations and content to help personalized plans.

- Nutritional consultation
- LifeTools wellness content\*

## LifeJourney is:



### Care-centric

Members are guided by compassionate care advocates.



### Convenient

Available in French and English, across Canada.



### Centralized

All care plans in one location and one profile.

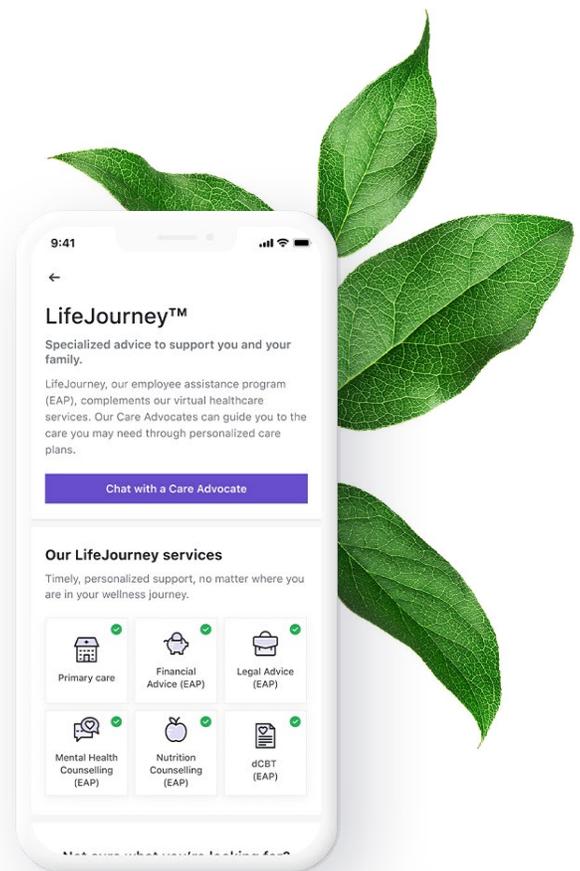


### Collaborative\*

Designed to work with companies' health and wellness programs.

## LifeJourney can help members:

- Support wellness pillars such as physical wellness, mental wellness, life and work, to promote healthier lifestyle behaviours.
- Become educated through engagement and proactively address risk factors that contribute to chronic conditions.
- Reduce time researching, booking, and traveling to and from appointments.
- Find support for dealing with any legal and financial issues.



Learn more | [virtualhealthcare@telus.com](mailto:virtualhealthcare@telus.com)

<sup>1</sup> Spouse and children under the age of 26

\* coming soon, 2021