

No cost

There is no cost to use the MAP. This benefit is provided to you by the UA Canada National Wellness Program, and can include a series of sessions with a professional. If you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your health plan.

Confidentiality

TELUS Health member assistance program is completely confidential within the limits of the law. No one, including the Directors of the UA Canada National Wellness Program, will ever know that you have used the program unless you choose to tell them.

Understanding your **member assistance program provided by the UA Canada National Wellness Program.**

TELUS Health member assistance program provides you and your family with immediate and confidential help for work, health or life concerns. We're available anytime and anywhere.

The program is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life.

You and your immediate family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.



TELUS Health MAP

Let us help.

Let us help.

Access your member assistance program (MAP) 24/7 by phone, web or mobile app.

1.833.778.2627 (UAMAP)

TTY: 1.877.338.0275
one.telushealth.com



 **TELUS**
Health

Your **member assistance program (MAP)** provides you with immediate and confidential help for a broad range of work, health or life concerns. We're available anytime and anywhere. Let us help.



Convenient access to online resources.

Access your MAP 24/7
by phone, web or mobile app.

1.833.778.2627 (UAMAP)

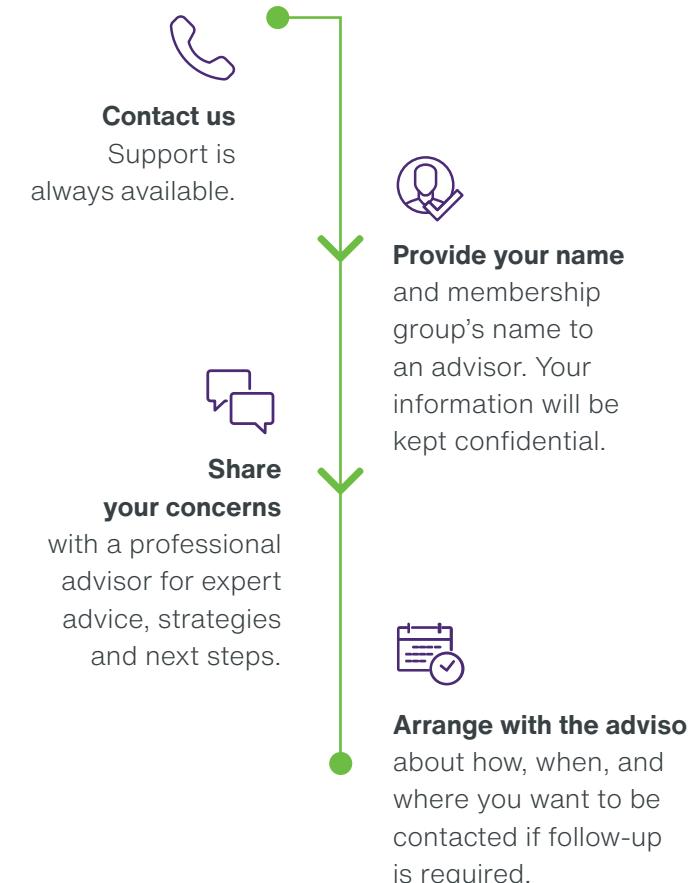
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Download the TELUS Health One
app now at your device app store.

User ID: UAMAP Password: wellness



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Health One app now at
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or scan the QR code.

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 **TELUS**
Health

**Solutions for your
work, health and life.**

 **Support wellbeing**

Stress, mental health concerns,
grief and loss, crisis situations.

 **Manage relationships and family**

Communication, separation/divorce,
parenting.

 **Deal with workplace challenges**

Stress, performance, work-life balance.

 **Tackle addictions**

Alcohol, drugs, smoking cessation,
gambling.

 **Find child and elder care resources**

Child care, schooling,
nursing/retirement homes.

 **Get legal advice**

Family law, separation/divorce, custody.

 **Financial helpline support**

Debt management, bankruptcy,
retirement.