



## Taking control of your health: The physical and mental connection.

Our mental and physical health are intricately connected. This month, learn about how each affects the other.



### Are you at risk for heart disease?

There are several risk factors for heart disease, some of which are beyond your control. It's important to know which ones you can control - and how.

[Read more](#)

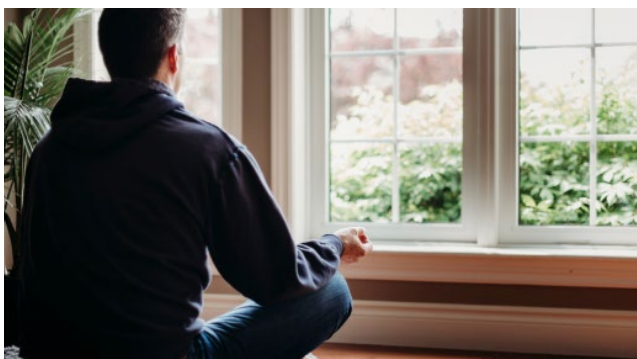


### Relationships: Friends keep you healthy.

Research has shown that people who enjoy healthy relationships suffer fewer health problems. They also live longer. Read on for tips to help improve the quality of your relationships.

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### Exclusive for registered users.



### Four pillars of mental fitness.

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### What is neurodiversity?

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### More to explore this month.

- Join us for our free webinar: [Nutrition and Heart Health](#) on Thursday, 22 February 2024. Whether you're looking to prevent heart issues or enhance your cardiovascular health, this webinar will provide valuable insights and empower you with the knowledge to make informed dietary and lifestyle decisions.

Visit the General Enquiry form of TELUS Health One for help navigating the mobile or web app, accessing online resources or for information on counselling services.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organisation's program may not include all services and features mentioned above. To learn more, please log in with your TELUS Health One account and review your workplace benefits or speak to your Human Resources contact.