



## Renew and reset for the new year

The new year is a great opportunity to check in and review your health, habits and lifestyle. Set some time aside to plan your goals for 2024.



### Five ways to simplify your life

Maintaining a sense of balance and calm in life can be challenging. Learn tips to help slow down, relax and achieve a greater sense of happiness and peace.

[Read more](#)



### Setting SMART goals

Whether you hope to pay off your debts, get fit, make a career move or make other life changes, having clear goals and a plan will help you succeed.

[Read more](#)

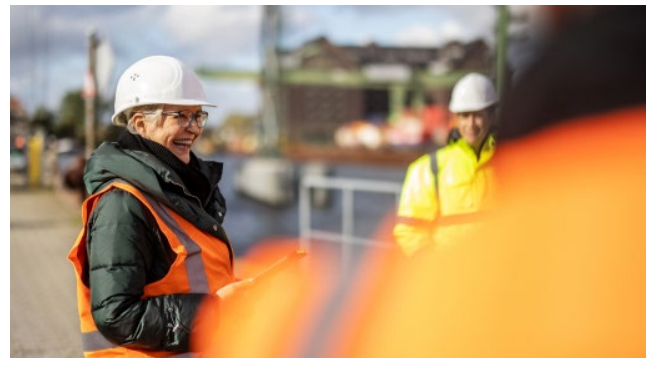
### Exclusive for registered users.



Mindset for lifestyle changes: Find the right mindset (video).

[Log in to access](#)

### Top pick of the month.



Workplace health and safety: Lower the risks in any environment.

[Log in to access](#)

### Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help you reset for the new year, like Apple, Enterprise, MyProtein and many more.



[Access offers](#)

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.

### More to explore this month.



- Discover the [Assessments](#) section of TELUS Health One to help gain a better understanding of your current state of health and wellness. Learn about positive changes you can make with personalized recommendations and resources.
- Remember to bookmark the 2024 [TELUS Health Wellbeing Calendar](#). Check back throughout the year to stay up to date on our monthly themes and helpful resources.
- Start the new year off right with our [CareNow Programs](#), a collection of comprehensive iCBT-based, virtual self-paced programs. The Eating for Health section is designed to help you make informed decisions about the food you eat to improve your overall health and wellbeing.

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

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.