



Keeping a finger on the pulse of your total wellbeing.

LifeWorks has officially joined the TELUS family and is now being rebranded as TELUS Health. You will still have access to the same amazing service you know and love but with a fresh new look. Keep an eye out as you start to see the TELUS Health brand appear on our website and in our communications. [Click here](#) to learn more about TELUS Health.

Preparedness game plan.

Life can throw many curveballs your way. Whether it's a natural disaster, home repair emergency or ensuring you're ready for retirement, ease your mind by having a plan for any of life's events and be prepared for unforeseeable moments.



Emergency preparedness: Creating a plan to prepare for emergencies.

Creating an emergency plan for yourself or your family and friends will help you be prepared should a disaster, crisis, or other emergency strike.

[Read more](#)



Planning for your retirement: Things to consider.

When considering retirement, it's important to make a solid plan that includes looking at finances, personal relationships, and meaningful activities.

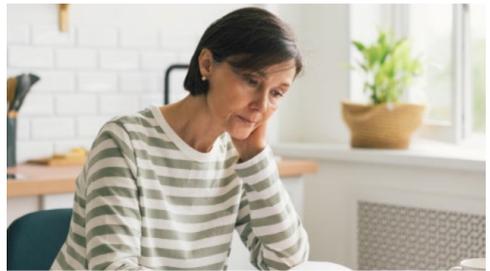
[Read more](#)



Organising your important documents in case of emergency.

It's a good idea to make sure others know where to find your personal documents. It's an even better idea if a trusted family member or friend is familiar with your financial assets and obligations.

[Read more](#)



How to deal with financial insecurity and debt stress.

Stress and money troubles can be a vicious cycle: your financial problems can lead to stress, which can invade other areas of your life. Learn to care for both your financial and mental wellbeing during difficult times.

[Read more](#)



More to explore this month.

- Explore [Support & Resources](#) and discover helpful content like articles, videos, podcasts, and toolkits to help support your mental, physical, social and financial wellbeing.

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

Your organisation's assistance programme 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.