



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](#)

Exclusive for registered users.

Top pick of the month.



Organizing your important documents in case of emergency.

[Log in to access](#)

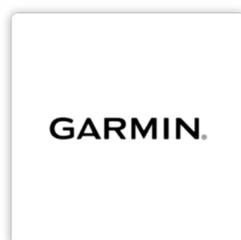


How to deal with financial insecurity and debt stress.

[Log in to access](#)

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support the health and wellbeing of you and your family, no matter what life throws you, like 1Password, Garmin, LA Fitness, 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.

- In honour of International Self-Care Day, TELUS Health Learning presents: **Discovering the gift of self-care** on July 11 at 1 pm ET. Our distinguished speaker Mike Veny, best-selling author and well-known Certified Corporate Wellness Specialist will show you simple and actionable steps you can use to create a self-care routine. [Register now.](#)
- It's always a good time to learn money management habits. Visit the Achieving Financial Wellbeing section of our [CareNow Programs](#), a collection of comprehensive iCBT-based, virtual self-paced programs to help address wellbeing concerns.

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.