



Heluna Health®

EMPOWERING POPULATION
HEALTH INITIATIVES SINCE 1969

EMPLOYEE ASSISTANCE PLAN (EAP)

This benefit is paid for 100% by your employer. There is no cost to you, the employee.
All members of your household can utilize the benefits of this program.



Understanding Your Employee Assistance Program (EAP)

Your Employee Assistance Program (EAP) provides you with immediate and confidential help for any work, health or life concern. We're available anytime and anywhere.

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

No Cost

There is no cost to you or your family to use your EAP. This benefit is provided to you by your employer. Your EAP can provide a series of sessions with a professional and 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

Your EAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

Your EAP Plan offers face-to-face visits with a counselor based on your specific issue and needs.

Let Us Help.

Access your Employee Assistance Program (EAP) 24/7

By Phone: 1-800-433-7916

By Web: <http://login.lifeworks.com>

Username: helunahealth

Password: lifeworks

Or on the **TELUS Care mobile app**



Solutions for your work, health and life.



Achieve 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



Receive Financial Guidance

- Debt Management
- Bankruptcy
- Retirement

Heluna Health Benefits Department

Benefits@HelunaHealth.org

Tel: 562.205.2433

Fax: 562.222.7373