



Keeping a finger on the pulse of your total wellbeing.

Last year, LifeWorks was welcomed into the TELUS family and is now being rebranded as TELUS Health. You will continue to have access to the same support and platforms but will notice the TELUS Health branding on the website, app, communications and during events. Click [here](#) to learn more about the transformational journey.

Happiness on the daily.

Learning to be happy every day is a choice. If you have the intention, you can create happiness in your life by building daily habits. Why not make positivity a part of your routine? You have nothing to lose but your gloom.



How to be happy.

Have you noticed how some people just seem to be happier than others, even though they have many of the same problems and challenges? Although the meaning of happiness varies for people and different cultures, all human beings can be happy.

[Read more](#)



How to develop an optimistic outlook.

Optimistic people tend to believe that good things happen more often than bad things. They may face many challenges, but their positive thoughts help them cope when they have setbacks.

[Read more](#)

Exclusive for registered users.



You do not have to win the lottery to enjoy life.

[Log in to access](#)

Top pick of the month.



SMART goals and exercise.

[Log in to access](#)

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support your happiness and wellbeing, like Canada's Wonderland, Great Wolf Lodge, Orangetheory 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.

- Explore the [Wellbeing](#) section of the site and feel supported in your journey to understanding your current state of health through one of our assessments, challenges, or programs.
- Discover the benefits of being more mindful and find different ways to make it a part of your everyday life. Visit the Mindfulness 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.