



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.



to enjoy life.

You do not have to win the lottery

Log in to access

Top pick of the month.



SMART goals and exercise.

Log in to access

Enjoy exclusive offers on brands that support your happiness and wellbeing, like Adidas, Halfords,

Big brands, huge savings with Perks.

Lookfantastic and many more.

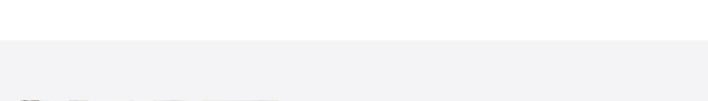


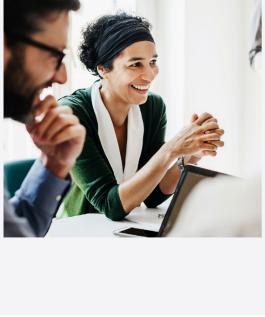


Access offers

LOOKFANTASTIC

Your organisation's programme may not include Perks. If you are unable to access, review your workplace benefits or speak to your Human Resources contact.





Explore the <u>Wellbeing</u> section of the site and feel supported in your journey to understanding your current state of health through one of our assessments, challenges, or programmes.

More to explore this month.

support by app, web, and phone.

Your organisation's 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.

We support your total wellbeing. We're here 24/7 for confidential advice and