



Congratulations.

Your employer is now covering your access to Specialized Digital Therapy.

What is Specialized Digital Therapy?

It is a simple and practical self-guided approach to mental health support, designed to help you on your wellness journey.

When you start the program, you will be matched with a care manager who will help with the technical side of the platform, as well as a therapist who will provide the therapeutic support you need. With them, you will be supported throughout your entire journey.

Your therapy, your pace.

You can complete your program at your own pace, without having to coordinate with your therapist's schedule and following an approach tailored to your needs and preferences. During the 12-week program, you will be able to go through your weekly sessions with your therapist; beyond that, you will be able to access the platform and review the content for another 40 weeks. This will allow you to reinforce the skills you developed, which will help improve your overall health.



What programs are available?

Specialized Digital Therapy currently offers several programs to help you:



Understanding depression

This program is designed to focus on essential thinking and behavioural skills to help the patients become more engaged in day-to-day activities.



Managing anxiety

This program is designed to help individuals change their thoughts and actions.



Managing troubled sleep

This program is designed to help individuals struggling with sleep to manage their thoughts about sleep and sleep behaviours effectively, and to support healthy changes in lifestyle practices that negatively affect their sleep.



Substance use - relapse prevention

This program aims to support individuals recovering from addiction and to prevent relapse. The course teaches skills to help control urges and make room for recovery.



Adolescent anxiety management

Support for teenagers who may also be struggling with their mental health. This program helps them build strategies for dealing with stress and improve self-esteem.



Mental health toolkit

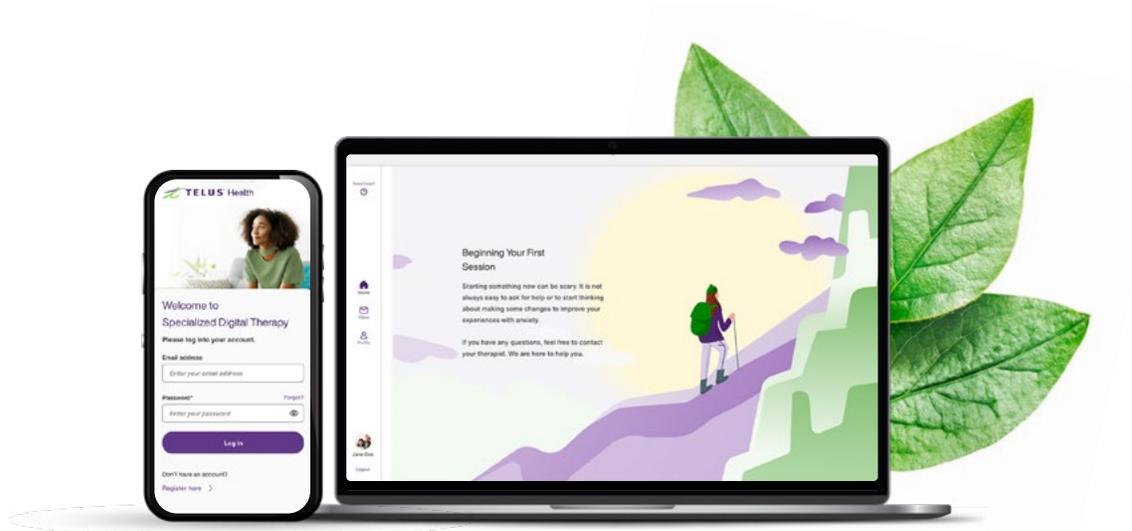
This program is designed to help build resilience through coping tools and strategies.



Returning to the workplace

This program is tailored to help address mental health struggles individuals may experience by the prospect of returning to the workplace, and helps them adapt to stressors related to in-person activities.

Specialized Digital Therapy is available through your computer or other mobile device.



How do I register?

1

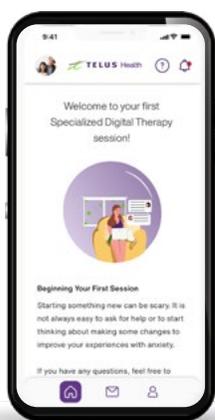
You can register for Specialized Digital Therapy in two ways.

Using the TELUS Health Virtual Care application, start a consultation with a nurse or a care advocate and ask for more information about Specialized Digital Therapy.

2

You can also register by following these easy steps:

- a. Go to www.digitaltherapy.telushealth.com and click on “Create your account”.
- b. Select “I have employer coverage for SDT” and enter the name of your company and your personal coverage identifier.
- c. Fill in your personal account information, confirm your email address and get immediate access to the solution.
- d. Enter your credentials on www.digitaltherapy.telushealth.com/auth/login and get access to the Free Discovery Module.



How to get started?

1. Go through the Free Discovery Module, fill in the questionnaire and submit your story.
2. Within 2 business days, you will be paired with a therapist licensed in your province and be assigned the first session for your therapy.
3. Benefit from 12 weeks of therapist-assisted support and content, at your own pace and convenience.
4. Access the platform for 40 more weeks whenever you need it, wherever you are in Canada.

Start your journey, and rest easy knowing you can complete sessions at your own pace, when it is convenient for you.

www.digitaltherapy.telushealth.com

Offered by:



AGA
BENEFIT
SOLUTIONS

 **TELUS** Health