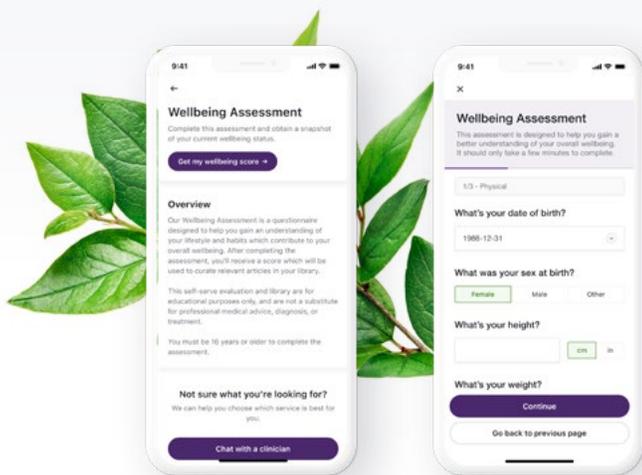




Introducing our wellbeing resources.

As part of TELUS Health LifeJourney™, the wellbeing resources were designed to educate, engage and inspire people to improve their wellbeing through changes in their habits and behaviour.



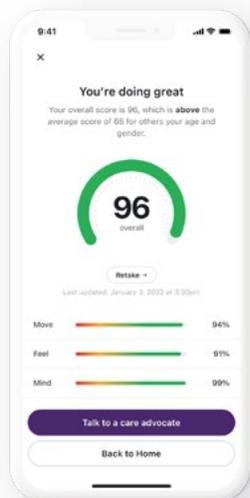
The Wellness Assessment

Our Wellness Assessment is a questionnaire designed to help you gain a high-level understanding of your lifestyle and habits that can contribute to your overall wellbeing.

After completing the assessment, you'll receive a wellbeing score based on three categories (move, feel, mind), which will be used to curate articles in your personal content library.*



*This self-serve evaluation and the content library are for educational purposes only, and are not a substitute for professional medical advice, diagnosis, or treatment. You must be 16 years or older to complete the assessment.



Move

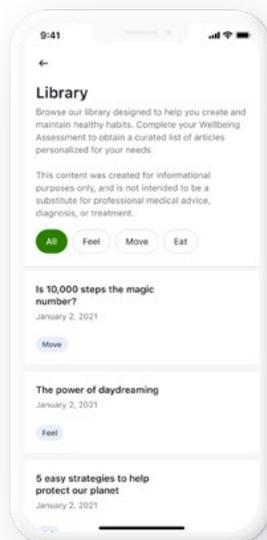
Based on questions related to your activity, movement and sleep, including number of steps, active minutes, lifestyle and time spent sleeping.

Mind

Based on questions related to mental health to help assess your level of happiness and stress.

Feel

Based on questions related to your physical health, including your smoking habits and alcohol consumption, as well as personal and family past medical history.



The content library

Discover articles and resources curated for you based on the score you'll get from your Wellness Assessment. The topics are related to the maintenance of a healthy lifestyle and the achievement of your personal wellbeing goals.

Get started

1. Open the TELUS Health Virtual Care app and log in.
2. From the home page, tap the wellbeing resources tile.
3. Start your wellness assessment or consult content in the library.

Questions? help@vc.telushealth.com

