



# Your financial wellbeing.

Your TELUS Health EAP can help.

Financial wellbeing is now understood to be as important as physical and mental wellness. It's about more than having money in the bank. Financial wellbeing means feeling in control of your finances, being able to handle a financial setback, and being on track to achieve your financial and life goals (including having a plan for retirement).

## Do you need financial help?

Almost everyone needs some sort of financial planning. Yet many people find it all too easy to put off planning for years, even up to retirement when they suddenly find there isn't enough money. You might know your financial goals, such as buying a new home or paying for your child's education, but you may not know how best to meet those goals.

## Financial counselors

With your TELUS Health EAP, you have access to financial counsellors offering support on a variety of issues:

- Budgeting and overall money management
- Credit card debt & debt management options
- Credit management and rebuilding of credit
- Financial emergency options
- Difficulty paying student loans
- Foreclosure and other housing issues
- Basic mortgage questions including buying versus renting
- Financial aspects and implications of bankruptcy
- Identity theft
- Tax consultation



## Online financial wellbeing toolkit.

Access easy to use resources to help you with:

- Assessing your financial wellbeing
- Budgeting and cash flow
- Debt
- Financial changes
- Saving
- Worry and stress about money



**Visit the TELUS Health One platform today to access these valuable resources.**

Follow the online instructions to create your separate account to take advantage of all features.

