

Wellness

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Wellness Supports

- **Self-Care Programs**
 - **Wellbeing Assessments**
 - **Diet and Nutrition**
 - **Children and Stress**
 - **Anxiety**
 - **Coping with Change**
 - **Fitness Sessions**
 - **Financial Planning**
 - **Money Management**
 - **Work Relationships**
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Instructions for Telus Health One App

- Download the Telus Health One app or go to:
<https://www.etfothamesvalley.com/>
- Click on 'Resources'
- Under 'Membership Programs and Offers', click on 'Telus Health EAP'
- Click on link to: tvdsb.lifeworks.com
- Click 'Log In' NOT 'Sign Up'
- Enter code 'TVDSB' if first time user
- Login with TVDSB credentials (i.e. tv12345@tvdsb.ca) and your password

App Perks and Features

- **LG**
- **Jamieson Vitamins**
- **Hello Fresh**
- **Enterprise**
- **Lasik**
- **Chef's Plate**
- **Budget**
- **Ripley's**
- **Park n Fly**
- **Great Wolf Lodge**