

Employee Assistance Program

Confidential support for life's challenges

O2B Kids Group Number: 75390-4



Support for you and your family.

Through Voya Employee Benefits, TELUS Health provides confidential, professional support for mental, emotional, financial and everyday wellbeing. Licensed clinicians, counselors, social workers and care managers can help you navigate personal, family and work-related challenges and connect you with helpful resources.

\$0

COST TO YOU

100% employer-paid benefit
provided through Voya.

24/7

AVAILABILITY

Professional support is just a call or
click away, day or night.

100%

CONFIDENTIAL

Your privacy is legally protected.
O2B Kids won't know you used it.

Who is eligible?

EAP services are available to you and your household dependents, including spouses, domestic partners, and immediate family members. Eligibility begins immediately upon hire, with no enrollment required.

Explore your EAP services.

You will receive professional, live support for a wide range of personal and work-related challenges. All clinicians are licensed professionals, including counselors, social workers, and care managers, supported by a multi-disciplinary team. TELUS Health provides:

Counseling and Emotional Support

Connect with licensed clinicians for confidential, solution-focused support. Counseling can help with:

- ✓ Stress, anxiety and depression
- ✓ Grief and loss
- ✓ Marital and family conflict
- ✓ Alcohol or drug-related concerns
- ✓ Trauma and physical abuse
- ✓ Workplace challenges and performance concerns

Life Coaching and Personal Growth

Work with a professional coach to establish goals and overcome barriers. Coaching can support:

- ✓ Career and personal development
- ✓ Workplace performance
- ✓ Work-life balance
- ✓ Time management and goal setting
- ✓ Life transitions
- ✓ Personal and workplace relationships

Digital Wellbeing Tools

Access self-guided programs, interactive assessments and exercises designed to support positive behavior changes. Topics include anxiety, depression, stress, sleep, grief, coping, communication and more. Virtual peer support groups are also available.

Support for everyday life.

Your EAP offers more than counseling. TELUS Health can also help you find information, professional guidance and local resources for common work and life challenges.



Work-life Support

Get help locating resources for:

- ✓ Childcare and elder care referrals, including local care and support options
- ✓ Education, adoption and community resources for you and your family
- ✓ Everyday living support, including housing, relocation, pet care and more



Legal Support

Get guidance on topics like:

- ✓ Family law & estate planning
- ✓ Wills & consumer rights
- ✓ Personal injury & other legal matters



Financial Guidance

Get help with topics like:

- ✓ Budgeting & money management
- ✓ Debt, credit & loans
- ✓ Government benefits



Identity Theft

Get support for identity theft and fraud concerns:

- ✓ Free consultation with a Fraud Resolution Specialist
- ✓ Professional guidance for identity theft and fraud-related concerns
- ✓ Help navigating available resources and potential next steps

How to get started

Online: one.telushealth.com

Call: **1-833-303-3750** or **1-919-341-7440**

User name: Voya

Password: eap

Based on your situation, you'll be paired with a designated clinician who will serve as a primary point of contact for you.

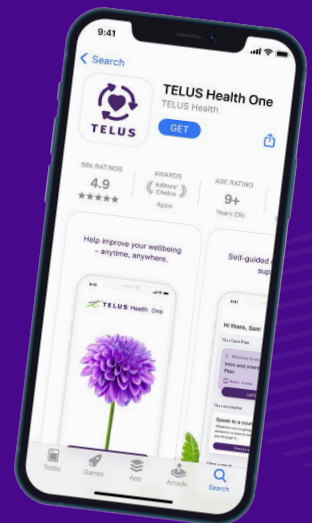
Download the TELUS Health One app



Scan to download Android app



Scan to download Apple app



ReliaStar Life Insurance Company (Minneapolis, MN) and ReliaStar Life Insurance Company of New York (New York, NY), both Voya Financial® businesses, work with TELUS Health (US) Ltd., a Delaware corporation, to offer Employee Assistance Program ("EAP") and Total Mental Health Services as requested by ReliaStar customers. EAP Services are provided by TELUS Health and its affiliates. TELUS Health is not affiliated with the Voya® family of companies. EAP Services provided are the sole responsibility of TELUS Health. Product availability and provisions may vary by state. Please access and read TELUS Health's User Terms which is available at this link: one.telushealth.com.

The information provided does not, and is not intended to, constitute legal or medical advice; instead, all information and content herein is provided for general informational purposes only. As a requirement in making such EAP services available to its employees, ReliaStar customers shall not mandate that their employees use TELUS Health services. The decision to use an EAP Service provider is complex and nothing contained within this material is intended to replace medical advice from a properly licensed healthcare provider.

Insurance is underwritten by ReliaStar Life Insurance Company (Minneapolis, MN), a member of the Voya® family of companies. Voya Employee Benefits is a division of ReliaStar Life Insurance Company. Product availability and specific provisions may vary by state.