



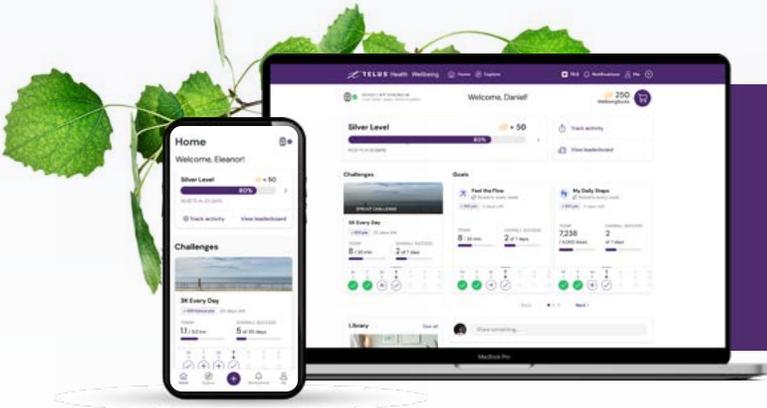
TELUS Health Wellbeing

Educate. Engage. Inspire.

Backed by academic research and designed to help promote behaviour change, TELUS Health Wellbeing helps to educate, engage and inspire employees to achieve their personal wellbeing goals.

Our features help build lasting, healthy habits to support the decreased risk of developing chronic health conditions:

- Wellbeing survey
- Personalized content
- Wearable device integrations
- Smart goals
- Gamified challenges
- Activity tracking
- Leaderboards
- Integrated rewards
- Communities
- Social stream



A digital health platform designed to help employees embrace wellbeing and improve their overall health.

Engaged users have a 49% decrease in disease risk.*



Integrated care

As part of the integrated TELUS Health Virtual Care suite of services, our Wellbeing solution contributes to the complete care continuum for employees.

- Connect with your employees to share personalized, meaningful and actionable communications
- Enhance company culture with a social stream, goals and challenges
- Support behavioural change through gamification and integrated rewards
- Gain real-time health insights to measure success and understand your employees' needs

How TELUS Health Wellbeing can improve health and wellbeing.



52%

reduced risk of developing type II diabetes.*



15%

increase in activity by users over the first 12 months of program participation.*



25%

reduced risk of developing cardiovascular disease.*

Your employees are the foundation of your business. Our holistic and easy-to-use workplace wellness solution can help your business be ready to build a healthy, performance-driven culture.

Building healthy habits, together.

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