

TELUS Health^h One

Toolkit description

A comprehensive summary of all the support and resources available to you through the TELUS Health One app.



Please visit the TELUS Health One app to access the full services in each of the toolkits described below.

Older adult safety

Are you caring for an older relative in your home or from a distance?

The older adults safety toolkit includes the following helpful resources: home safety for older adults, older adults and medication management, protecting your older family member from elder fraud/abuse and personal emergency response systems.

Pet

More than 7.5 million households in Canada own a pet, according to PetBac/8.465 T 0tems.

Health

Addiction and recovery

Substance abuse affects people of all ages, backgrounds and income levels, from preteens to the elderly.

Drug and alcohol addiction and abuse can have a serious and negative impact on health, work, relationships and wellbeing. With professional help, however, recovery is possible.

This toolkit offers resources and help if you have concerns about addiction for yourself or a loved one. You'll find information on how to recognize signs of addiction—and guidance on how to find resources and support to guide you or a loved one toward recovery.

Burnout

If you are feeling exhausted or disconnected in or out of work, you may be experiencing burnout. [The World Health Organization \(WHO\)](#) describes burnout as “a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”

Although burnout is specific to work, you may be feeling it in different aspects of your life, such as your social life, because they are all intrinsically linked; what happens in one area of your life will have an impact on another.

To help alleviate or cope with burnout, it is important to first figure out whether what you are experiencing is burnout or something else, what is causing it and what you can do about it. This toolkit will help guide you as you learn about and recover from burnout by giving you information and support in each area of your life.

Depression

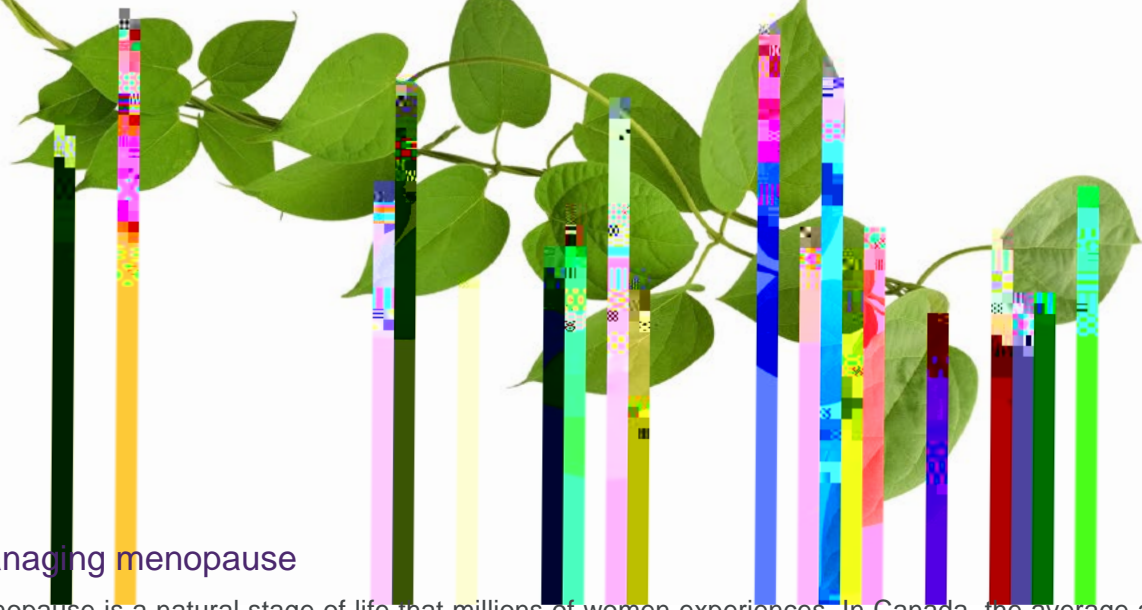
Depression is a common and serious mental health disorder that affects the body and mind, thoughts and emotions. It can interfere with our ability to work, study, relate to others, engage in activities and enjoy life. Fortunately, most people with depression can be helped with treatment.

This toolkit offers resources to help you or someone you love who may be struggling with depression. It includes information on the signs, symptoms and types of depression, as well as helpful resources on treatment options and ways to find support.

Health and wellbeing

Wellbeing is the state of feeling healthy, happy and fulfilled. It's that sense that life is going well, physically and emotionally.

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Managing menopause

Menopause is a natural stage of life that millions of women experiences. In Canada, the average age for a woman to reach the menopause is 51. Menopause is marked by changes in hormones and the ending of menstruation. It can also bring many other physical and emotional changes. This toolkit offers information to help understand what is happening to your body during menopause, how to manage symptoms and how to keep your mind and body healthy.

Sleep health

Sleep difficulties can take a toll on your health and wellbeing, especially if they persist. People who are sleep-deprived are more likely to experience poor concentration and irritability and have accidents at work and travelling to and from work.

Long-term sleep deficiency is also proven to contribute to chronic health issues such as GERD, heart disease, obesity and diabetes, as well as to depression, according to the Division of Sleep Medicine at Harvard Medical School.

This toolkit offers information on how to recognize sleep impairments and improve your sleep.

Stress management

We all experience stress—at any age and throughout life. You may be stressed about work, school, kids, money, your relationship, a big change, a setback, a health issue or something else. The right amount of stress, like a deadline coming up, can be motivating and just what you need to get energized. But too much stress can affect your health and wellbeing and can cause symptoms such as sleep problems, stomach aches, headaches, irritability, feeling anxious and more.

This toolkit offers resources to help you identify and manage the stresses in your life.

Suicide prevention

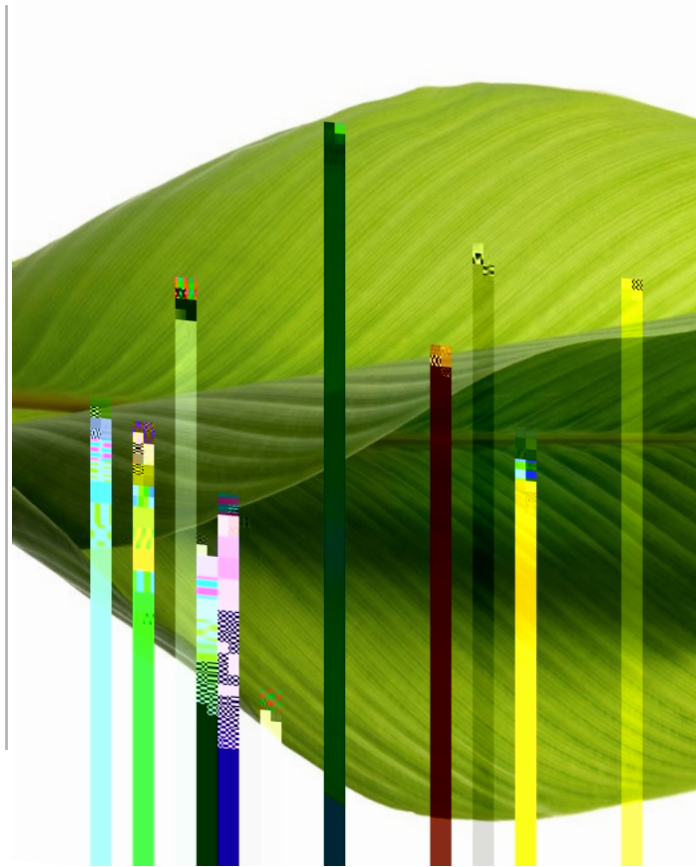
Suicide, the act of intentionally killing oneself, is a tragic occurrence, that often prompts the questions: how did this happen, and how could it have been prevented? Those who are struggling with thoughts of suicide might show outward signs, and it's important that friends, family, co-workers and managers be aware of the signs that someone might be at risk for attempting suicide.

Midlife and retirement

There's no better time to begin planning your future than now. We're here to help you shape the future you want. This toolkit contains information and resources to help you keep your relationships with others strong and connected as you age, manage your career and achieve your professional goals, and take stock of important considerations as you determine how and when you want to retire.

Mindfulness

Access all these
resources and
more through the
TELUS Health One app.



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