



## February – Heart and mind connection

Your emotional and physical wellbeing are deeply connected - when one suffers, the other often follows, and when one thrives, it supports the other. Take some time this month to consider the relationship between your emotional and physical wellbeing.

### Meet Adam...

"I was struggling with knots in my stomach and not getting enough sleep. I had been going through a stressful period after a recent diagnosis and as a result had a low mood for months.



I spoke to my doctor and rang my EAP helpline. They offered guidance on stress management techniques and holistic lifestyle changes. The EAP counsellor also helped me in approaching the conversation with my manager for support with managing stress at work. I also found a couple of helpful self-guided CareNow programmes on the TELUS Health One app, which I could complete at my own pace.

To begin with it all felt overwhelming but with the support of the counsellor, online programmes and my doctor I felt much more supported and was able to make small changes that had big impact."

## Exclusive platform resources for registered users

- [The Mind-Body Connection: Protecting your mental wellness when facing physical health conditions](#)
- [The Importance of Self-Care infographic](#)
- [The Connection Between Mental Health and Chronic Pain](#)

- [Four Pillars of Mental Fitness](#)

February featured awareness days include:

- World Cancer Day (Feb 4)
- American Heart Month (US)
- Heart and Stroke Month (Canada)

Click on [Support & Resources](#) to access our homepage for help with life's everyday issues and concerns.

## CareNow

CareNow gives you the flexibility you need to choose your own path when it comes to care - from participating in exercises and taking assessments, to listening to podcasts and watching videos – all focused on positive behavioral change. We have selected a few assessments for you this month which support heart and mind connection:

- [Managing chronic conditions](#)
- [Tobacco and Nicotine Cessation](#)
- [Stress](#)
- [Eating for health](#)

## EAP Orientations

We are pleased to let you know that we will be providing monthly orientations of the TELUS Health service in 2026! You can share the following links by region with your team members:

**EMEA – Thursday 19<sup>th</sup> February 3pm GMT [Click here to register for the event](#)**

**Global – Thursday 19<sup>th</sup> February 1pm GMT [Click here to register for the event](#)**

**APAC – Tuesday 17<sup>th</sup> February 2pm AEDT [Click here to register for the event](#)**

## 2026 TELUS Health Wellbeing Calendars

We're excited to share our 2026 TELUS Health Wellbeing Calendars. These calendars are designed to support your employee's health and wellness journey throughout the year, featuring helpful tips, important awareness dates, and resources.

- Global – [2026 Global](#)
- APAC – [2026 APAC](#)
- Australia - [2026 AUS](#)
- New Zealand - [2026 NZ](#)
- Speak to your CSM for US and Canada calendars

## Feel Well, Work Well 2026 – Save the Date

We're excited to share that **Feel Well, Work Well 2026** will be taking place this spring on 18<sup>th</sup> March 2026 in London.

This is our flagship event, bringing together customers and prospects to discuss how we redefine leadership in the age of digital care. The event revolves around three core themes: Anticipate, Empower and Respond.

### Event details

- **Date:** 18 March 2026
- **Format:** A mix of keynote speakers, panel discussions, and interactive strategy labs. More info to be shared soon.
- [Event landing page and registration](#)



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