



Welcome February, it's a great time to **Leap** into action. Yes, it's a Leap Year, which means you have one more day this month to achieve your goals, and we're excited to be on this journey with you.

COMPLIMENTRY WEBINARS:

To support this vital topic, this month's free employee webinars are:

Financial Fitness – Feb 9, 2 PM ET

Even smart people with good jobs and high-paying compensation can find themselves in financial problems. This includes cash flow and debt issues that can be a daily distraction and make for 'bad' corporate and personal behavior. This course will address the personal impact of financial inaction, the effect on family, and some of the simple and small steps necessary to initiate significant change.

Compassion Fatigue – Feb 23, 2 PM ET

For many of us, our day-to-day jobs are not only physically exhausting, but also mentally exhausting. The class will guide you through what compassion fatigue is, the signs and symptoms and real-life strategies to combat the exhaustion in our everyday lives.

PUBLIC ORIENTATION SESSIONS

- US & Canada Employees: [Feb 14, 1 PM ET](#)
- US Managers: [Feb 7, 1 PM ET](#)
- Global employees: [Feb 15, 1 PM GMT](#)

See our full calendar of 2024 monthly live US Manager and Employee Orientations



US-Manager+Employee_Orientation_Flyer

SHORT ORIENTATION VIDEOS - TELUS HEALTH:

	<u>US</u>	<u>CAN</u>	<u>AUS</u>	<u>UK</u>
<u>Employee Orientation</u>	TELUS Health EAP - Employee Orientation video - ENG	TELUS Health EAP - Employee Orientation video - CAN ENG	TELUS Health EAP - Employee Orientation video - AUS/UK	

<u>Manager Orientation</u>	TELUS Health EAP - Managers Orientation video - US - ENG	TELUS Health EAP - Managers Orientation video - ENG	TELUS Health EAP - Managers Orientation video - ENG
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AWARENESS AND RECOGNITION DATES

All Month: Heart Month

All Month: Psychology Month

Feb 4th: World Cancer Day

February is both Heart Month and Psychology Month and an excellent opportunity to recognize and support the connection between mind and body.

Heart and Mind: Focusing in on the connection between emotional and physical health

Last month, many of us made resolutions to get more exercise and/or eat better. February is a great opportunity to strengthen your resolve and focus in on how your physical health impacts your emotional well-being. Below are some tools and resources in the platform that can help:

- [Health and Wellbeing Toolkit](#)
- [Mental Health Toolkit](#)

WELLBEING CALENDAR

TELUS Health’s wellbeing calendar supports your wellbeing planning by offering a look ahead to a full year of themed content. Explore the 2024 Wellbeing Calendar today: [U.S. English](#), [U.S. Spanish](#), [U.K.](#), [AUS](#), [Global](#), [Canada English](#), [Canada French](#)

HEARTBEAT NEWSLETTER:

[Click here to register for our Heartbeat newsletter](#)

MENTAL HEALTH INDEX

[TELUS Mental Health Index](#): In these monthly reports, the Mental Health Index compares surveyed responses in a given month to benchmark data between 2017-2019. A score of 0 denotes no change relative to the benchmark, whereas a negative (positive) score denotes a decline (improvement) relative to the benchmark. Fluctuations in the Index can predict cost and productivity risks while informing the need for mental health investments by business and government.

[Subscribe to TH MH](#)

Coming Soon!!!!: 13th Annual Employers Connect Mental Health Summit. March 5 from 11 AM – 12:30 PM EST

Paula Allen, Global Leader, Research and Client Insights, along with key experts will:

- Take a deep dive on our TELUS Mental Health Index research data
- Share insights from experts and organisational leaders
- Unpack strategies to create stability and resiliency in the workforce

Register today, by clicking on this [link](#).

Thanks for all you do!!