



As we welcome the new year, TELUS Health is here to help you 'Renew and reset for the new year.' 🌟 It's a great time to reflect on your health and lifestyle, setting meaningful goals for 2024. Let's embark on this journey together for a healthier and more fulfilling year ahead!

FREE WEBINARS:

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

 [Today's financial trends](#) – Jan 12, 2 PM ET

Living in an era of unprecedented financial uncertainty and change, it is now more important than ever to stay current on financial trends, as well as recognize which long-term financial principles are still applicable today. In this session, participants will learn the impact that inflation and the cost of living have on household budgets, the protections available through the FDIC and NCUA, and how to consciously budget to maximize your spending power. Join this interactive session to create a personalized action plan to ensure you can adapt your financial habits to meet the moment.

 [Dealing with change for families](#) – Jan 26, 2 PM ET

Change is inevitable in life; however, for some, changes can be harder to adapt to than for others. This seminar will equip participants with the tools they will need to successfully navigate change together as a family. In this seminar, we will discuss what big or small changes are going on in participants' lives and address what is needed to work through these changes as a family.

 **Want to offer your employees more? We suggest these trainings: (Additional fees apply)**

- [Eat well, live well](#)
- [Healthy active living](#)
- [Healthy eating while working from home](#)

PUBLIC ORIENTATION SESSIONS

- US Employees: [Jan 24, 1 PM ET](#)
- Canada Employees: [Jan 25, 1 PM ET](#)
- US/UK/Canada/Australia Employees: [Jan 18, 3 PM GMT](#)

- Global employees: [Jan 18, 1 PM GMT](#)

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





US-Manager+Empl
yeo_Orientation_Flyer

SHORT ORIENTATION VIDEOS - TELUS HEALTH:


	US	CAN	AUS	UK
Employee Orientation	TELUS Health EAP - Employee Orientation video - ENG	TELUS Health EAP - Employee Orientation video - CAN ENG	TELUS Health EAP - Employee Orientation video - AUS/UK	
Manager Orientation	TELUS Health EAP - Managers Orientation video - US - ENG	TELUS Health EAP - Managers Orientation video - ENG	TELUS Health EAP - Managers Orientation video - ENG	

AWARENESS AND RECOGNITION DATES

January 24th: International Day of Education


Mark your calendars for January 24th as we observe the International Day of Education.  Join us in recognizing the importance of education worldwide and celebrating the power of knowledge to transform lives. Let's embrace the spirit of learning and champion education for all! 

RENEW AND RESET FOR THE NEW YEAR

 Embrace a fresh start with TELUS HEALTH One Platform Resources as we present "Renew and Reset for the New Year." Discover actionable insights and practical advice to guide you on your journey towards a healthier and more fulfilling life.

- [Five Ways to Simplify Your Life](#) (Article)
- [Setting SMART Goals](#) (Article)
- [Setting SMART Goals for Health](#) (Article)
- [Quick Tips for Sticking with Your New Year’s Resolutions](#) (Article)
- [Mindset for Lifestyle Changes: Find the right mindset \(video\)](#)



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 MHI](#)

TELUS HEALTH WELLBEING

 Will you be taking a fresh look at employee wellbeing in the new year? TELUS Health Wellbeing supports organizations in increasing employee engagement and enhancing company culture by helping employees and their families to develop and maintain healthy lifestyle habits. If you'd like to explore the potential of expanding your TELUS Health suite of programming to include a digital workplace wellness platform, let us know.