



Total Wellbeing Assessment

What is the Total Wellbeing Assessment?

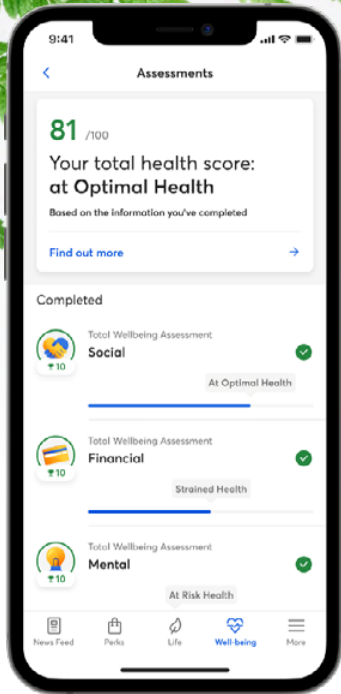
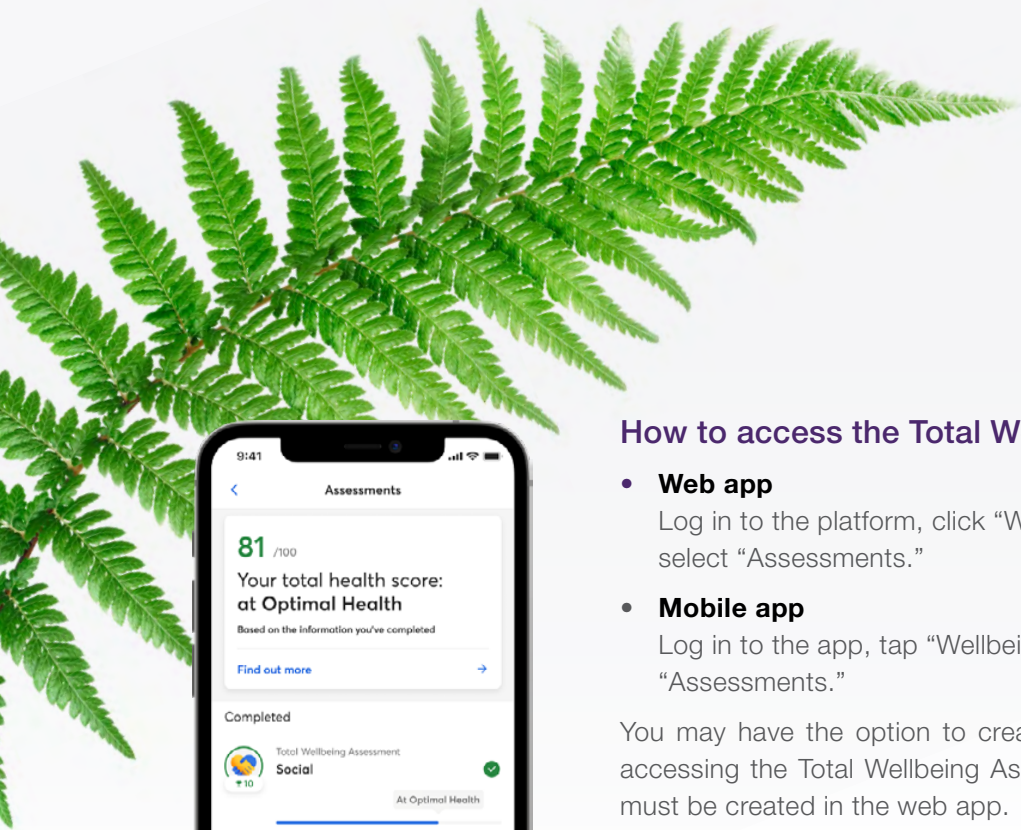
The easy-to-use Total Wellbeing Assessment helps you understand your strengths and improvement opportunities in all 4 pillars of wellbeing: mental, physical, social and financial.

How does it work?

1. Understand your current state of health across all 4 pillars with quick health assessment questionnaires that take only a couple of minutes to complete each. Get immediate feedback on your level of risk and see “What you are doing well”, “Areas for improvement” and “Suggested resources”.
2. Improve your health with personalized wellbeing content, tips and content based on the results of your assessment – whether you’re thinking about setting new health goals like quitting smoking, improving your diet, or wanting to incorporate more physical activity in your daily routine.
3. View your total health score. After completing the questionnaires, you are given a total health score between 0 and 100. The higher the score, the more optimal your current health.
4. Make improvements based on personalised wellbeing content and re-take assessments at any time for an updated score.



Download the TELUS Health One app at your device app store or scan the QR code.



How to access the Total Wellbeing Assessment?

- **Web app**
Log in to the platform, click “Wellbeing” in the top-line menu and select “Assessments.”
- **Mobile app**
Log in to the app, tap “Wellbeing” from the bottom menu, then “Assessments.”

You may have the option to create a personal user account when accessing the Total Wellbeing Assessment. Personal user accounts must be created in the web app.

A personal account allows you to save your results and complete the assessments in multiple sessions, but you are not required to create one. If you are not asked to create a personal account, then your results and progress will automatically be saved.



One.telushealth.com

Username: VPAP Password: resources

NOTE: Health assessments are for adults between the ages of 18 and 65. The questionnaires are intended for educational purposes only and should not be used as a substitute for professional medical advice, diagnosis, treatment or care.

