

Wellness Resources (CAN)

UR provides a wide range of programs to address multiple areas of well-being.



Telus Employee & Family Assistance Program

- All employees and their family members have access to a “self-service” portal to find providers, schedule telephonic and video appointments and control their own care.
 - » <https://one.telushealth.com>
- Each member will have an assessment conducted via a series of questions. Depending on the answers to those questions, the member will then be able to use the portal to schedule appointments, email a counselor, reschedule or cancel appointments, etc.
- Members have 24/7, 365 days per year access to live clinicians via the dedicated United Rentals toll free number **844-880-9142**.
- Employees and their family members will also be able to contact legal/financial and work/life specialists.



eMLife

- eMLife is United Rentals’ mindfulness benefit. Download the eMLife app, select “Create an EM Life account” then “Employee Account,” and enter company code “**UnitedRentals**” to get started – it’s free for you and all members of your family.
- Your care is provided by a staff of certified health professionals, counselors, psychologists, social workers, and medical doctors.



Mental Wellness App

- United Rentals makes it easy to find Mental Wellness resources using our one-of-a-kind app. Discover the Mental Wellness App right on the home screen of your company phone. To load on a personal phone, go to <https://unitedrentals.com/wellness> and click on the Share Icon (Apple) or Menu Icon (Android), then press Add to Home Screen.
- Connect with the Employee & Family Assistance Program (EFAP).
- Access meditation with eMindful.
- Check out mental health resource trainings at your own convenience.
- Join the Mental Wellness United Employee Resource Group (ERG) in URLife.



Behavioral Health Resources through Sun Life

- If you and your eligible dependents are enrolled in a medical plan through Sun Life, you have access to an expert that can assist you with health issues like anxiety, depression, eating disorders or substance use.
- Mental Health practitioners can help you find treatment programs, arrange confidential counseling and services for your individual and family needs. Plan maximums will apply.
- Mental Health providers include but not limited to; licensed psychologists or social workers, licensed psychotherapists, clinical counsellors, licensed marriage and family therapists
- To find a provider near you call Sun Life **866-896-6976** or login to your account at <https://mysunlife.ca>



Health & Wellness Resources - Lumino Health

- If you and your eligible dependents are enrolled with Sun Life you have access to Lumino Health resources through <https://mysunlife.ca> and the Sun Life mobile app.
- Find and book appointments with health-care providers such as Family Doctors, Dentists, & Physiotherapists near you.
- Search health topics like Diet & Nutrition, Diabetes, Family Health, Fitness & Lifestyle.
- Health discounts on innovative products & services from health industry companies.



Diabetes – Lumino Health Pharmacy, Provided by Pillway

- This is an additional, no-cost program through Sun Life Lumino Health Pharmacy. For Sun Life plan members with a diagnosis of type-2 diabetes, this program provides outreach and services to close the gaps in care.
- Coaching will be available to plan members by a pharmacist at no cost.
- Access to support – 1:1 check-ins with specialized diabetes healthcare professionals who will provide proactive health support and lifestyle education.
- Plan members who are actively claiming for diabetes-related medication(s) will receive emails.
- Actionable care plan - An easy-to-follow personalized care plan based on your individualized health needs and goals.



Quit Smoking Resources

- The Employee & Family Assistance Program (EFAP) through Telus Health can assist with quitting smoking. Call **844-880-9142** to speak with a consultant that can refer you to a smoking cessation group in your community, links to free, online support, tip sheets & articles on quitting.
- The pan-Canadian toll-free quitline offers trained cessation specialists to help you develop a plan & answer questions about quitting, provide a choice of services tailored for you, including self-help materials, referral list of programmes in your community and 1:1 counselling over the phone. Call pan-Canadian at **866-366-3667**.
- Look up free quit counseling, coaching and other services in your province or territory: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/provincial-territorial-services.html>.

Do You Have a Primary Care Physician (PCP)?

Having a PCP is the most important link to early intervention and comprehensive, continuous care

