

Offer more employee perks with Lifestyle Benefits

Enhance your company's benefits program by offering Lifestyle Benefits to employees and their families. We've partnered with the best-in-class providers, specifically selected for their ease of implementation.

Active U.S. employees covered under our group insurance programs, as well as their spouse and insurance-eligible children, can access these services – even if they're not covered under the insurance program. Here's an overview of the Employee Assistance Program available to your company.



Employee Assistance Program (EAP) from TELUS Health

A modern approach to EAP that allows employers to choose their desired level of service. From digital/phone access to more complete well-being services, the program offers a mobile-first user experience with anytime access to proactively support the health of employees at work and home.

Three- or five-session models:

- 24/7 phone access, video and in-person counseling and live chat
- Employee support:
 - Emotional support - Anxiety, depression, stress and anger management, and more
 - Practical everyday support - Elder care and child care matching, legal services, financial and debt support, nutritional and weight management, and more
 - Substance abuse management - Focused clinical solutions to address mental health issues
- Digital EAP content - Available via mobile or desktop, including 8,000+ articles, assessments and toolkits
- Critical incident support (10 routine response hours included) - Telephonic and onsite support for critical incidents

- TELUS Health Learning (12 training hours included) – Wellness seminars including sessions designed for people leaders, available in a variety of different learning formats, including in-person
- Management support – Coaching and tools for handling workplace issues, how to refer to the EAP and sensitive workplace concerns
- Total Well-being Index (TWI) – Digital behavioral-based assessment that provides personalized recommendations for positive lifestyle changes
- CareNow service – Access to online self-guided program for help with anxiety, depression and stress
- Perks and savings – Exclusive offers from your favorite retailers to help save on everyday life purchases

Employers have access to add-on features such as wellness challenges, health coaching, peer-to-peer recognition, enhanced perks and savings, advanced well-being analytics, and more. Program can also be customized with additional sessions.



Learn more

For more information, contact your Securian Financial representative or visit securian.com/groupinsurance.

Services provided by TELUS Health and are their sole responsibility. The services are not affiliated with Securian or its group contracts and may be discontinued at any time. Certain terms, conditions and restrictions may apply when utilizing the services. To learn more, visit the appropriate website.

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