

# Employee Wellness

USask's goal is to create an environment that promotes and supports the health and well-being of all who study and work at our campuses.

## Supports for USask employees

USask cares about your well-being and offers support, services, and resources to encourage a safe and positive work-life balance and to assist you in achieving optimal health. To help achieve this, USask has partnered with the following organizations to help support your health and well-being.



### EMPLOYEE AND FAMILY ASSISTANCE PROGRAM

Telus Health (formerly LifeWorks), our Employee and Family Assistance Program (EFAP) provider, offers a variety of services including 24/7 confidential support – available by phone, online or through the Telus Health One mobile app. Other services include digital health coaching, family, legal, financial, fitness and nutrition support services.

 [wellness.usask.ca/help/efap.php](https://wellness.usask.ca/help/efap.php)  
 1-855-575-1740



### BENEFITS

USask offers comprehensive benefit plans for its eligible employees that includes health and dental programs. Some employment groups also have access to extended health benefits that can include prescription drugs, vision, paramedical (including physical and mental health) and medical equipment and supplies. Check out what you have access to under your benefits plan.

 [wellness.usask.ca/benefits/plans.php](https://wellness.usask.ca/benefits/plans.php)



### VIRTUAL HEALTH CARE

Sun Life's Lumino Health Virtual Care, provides virtual "walk-in" service to connect faculty and staff, and their dependents, with local medical professionals, including nurses, doctors, mental health practitioners and others from the comfort and safety of their own home for physical and mental health-related ailments.

 [wellness.usask.ca/help/virtual-health-care.php](https://wellness.usask.ca/help/virtual-health-care.php)



**MORE INFORMATION:** [paws.usask.ca/eap](https://paws.usask.ca/eap)