



## How to create a personal account

It couldn't be easier!

When first accessing CareNow or saving the results of an Assessment, you may be prompted to create a personal user account. The personal account must be created in the web app.

### How it works step-by-step

Simply click on “Create your account” and then enter your details on the Registration page. Once completed, you will enjoy a personalized experience on the LifeWorks platform, including Wellbeing Assessments and CareNow programs. Please note that only you will have access to your personal information and other sensitive information.

### What's next?

After you create the personal account, just log onto the platform via [one.telushealth.com](https://one.telushealth.com) using your new credentials. You may access the above features through either the web or mobile app, whichever you prefer:

- **Web app:** Click on “Wellbeing” from the top navigation and scroll down to the CareNow section. Select the appropriate program for you and follow the steps.
- **Mobile app:** Click on “Wellbeing” from the top navigation and scroll down to the CareNow section. Select the appropriate program for you and follow the steps.

**Download the TELUS Health One app.** Scan the QR code or search your device's app store for TELUS Health One.

