

2027 Wellness Action Checklist

Complete **two or more** of the following Wellness Actions and earn an additional **\$300 in Flex Dollars** to put toward your benefits! Wellness Actions must be completed by **November 20, 2026**.

1. Attend at least one live benefits presentation or watch the recording of a live presentation.

(This counts as one Wellness Action. Presentation recordings will be posted [here](#).)

- 2027 Annual Enrollment and What's Changing (Re-enrolling SLB Employees)
- 2027 Benefits Onboarding Presentation (ChampionX and Sensia)
- Navigate My Sun Life Member Site Presentation
- TELUS Health Employee Assistance Program (EAP) Orientation

2. Complete the [TELUS Health One Total Wellbeing Assessment](#).

- Gain insight into your total Wellbeing. Complete the Health Check which includes the Health Risk, Financial, Mental, Physical and Social Assessments.
- If not registered, log in using **Username: SLB | Password: EAP**, then set up your personal account. Access the Health check by selecting the Wellbeing assessments tile from the home page.

3. Book a one-on-one session with a counsellor. Whether you have a specific topic to discuss or would like to complete a mental health check-in, support is available.

- Call TELUS Health at **1-877-847-4525** or book online through [TELUS Health One](#).
- If not registered, log in using **Username: SLB | Password: EAP**, then set up your personal account to book an appointment.

4. Use the TELUS Health WorkLife Services, which including Nutrition, Health Coaching, Financial, Estates and Wills, Legal, or Career Support Services.

- Call TELUS Health at **1-877-847-4525** or book online through [TELUS Health One](#).
- If not registered, log in using **Username: SLB | Password: EAP**, then set up your personal account. Select the Workplace tab and then Other Work-Life Services to view services and book an appointment. Book and attend your appointment with a specialist.

5. Access and complete a TELUS Health CareNow program. CareNow includes a collection of expert-led, self-guided digital programs covering everyday wellness.

- Access online through [TELUS Health One](#).
- If not registered, log in using **Username: SLB | Password: EAP**, then set up your personal account. Select the Care Path tab and then Care Now Programs to view and complete self-directed programs.