

## Not feeling like yourself lately?

Don't wait: it's easier than ever to get support.

Use text and video to get the support you need from mental health professionals on TELUS Health Virtual Care anytime you need - 24/7/365.

Activate your TELUS Health Virtual Care account today.

**How to activate:** Look for the activation email you received with your unique activation link or send an email to <a href="mailto:help@vc.telushealth.com">help@vc.telushealth.com</a> to request a new link.

