

TELUS Health

Total Wellbeing Assessment

Discover how one simple score can help transform your total wellbeing.

Getting a picture of your overall health can feel complicated. With many different factors to consider, it can seem overwhelming. It doesn't have to be. We created the easy-to-use Total Wellbeing Assessment to help you understand your strengths and improvement opportunities in all 4 pillars of total wellbeing.



How is your score calculated?

The total health score is calculated after you complete 4 short questionnaires. Each questionnaire corresponds to one of the 4 pillars of total wellbeing and takes less than 5 minutes to complete.

After completing the questionnaires, you are given a total health score between 0 and 100. The higher the score, the more optimal your current health.

Under each pillar, the Total Wellbeing Assessment provides recommendations for improvement, and encourages you to keep up the good work with things you are already doing right.

How to get started.

Simply access the TELUS Health One platform via web browser or mobile app, then select "Wellbeing," click on "Assessments," and follow the steps.