



# Let us help

## Members' Assistance Program

sponsored by

 **CDSPi** ADVICE.  
INSURANCE.  
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 **TELUS** Health

Your **Members' Assistance Program (MAP)** provides you with immediate and confidential help for any work, health or life concern. We're available anytime and anywhere.

### Let us help.

#### What is MAP?

Your MAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life. You, your staff and immediate family members can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

#### No cost

Provided as a benefit of your dental association membership, there is no cost to you, your staff or your families to use MAP. This benefit is sponsored by CDSPI. Your MAP can provide a series of sessions with a professional and if you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial or organizational health plan.

#### Confidentiality

Your MAP is completely confidential within the limits of the law. No one, including CDSPI, will ever know that you have used the program unless you choose to tell them.

#### Access MAP 24/7 by phone, web or mobile app

**1.844.578.4040**

Online: [one.telushealth.com](https://one.telushealth.com) or download the **TELUS Health One App**

Credentials for you and your immediate families:

Username: **MDA** Password: **CDSPI**

## Solutions for your work, health and life

### Achieve wellbeing

- Stress
- Mental health concerns
- Grief and loss
- Crisis situations

### Manage relationships and family

- Communication
- Separation/divorce
- Parenting

### Deal with workplace challenges

- Stress
- Performance
- Work-life balance

### Tackle addictions

- Alcohol
- Drugs
- Tobacco/nicotine
- Gambling

### Find child and elder care resources

- Child care
- Schooling
- Nursing/retirement homes

### Get legal advice

- Family law
- Separation/divorce
- Custody

### Online Extras

- Fitness sessions
- Assessments
- Perks – discounts and exclusive offers

A Benefit of Membership

Manitoba  
**Dental**  
Association

