

Well-being Portal

Flu Campaign User and Registration Guide



TELUS Health Flu Campaign Team

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1. New User Registration

If you already have an account, go to the page 8 to access the portal directly

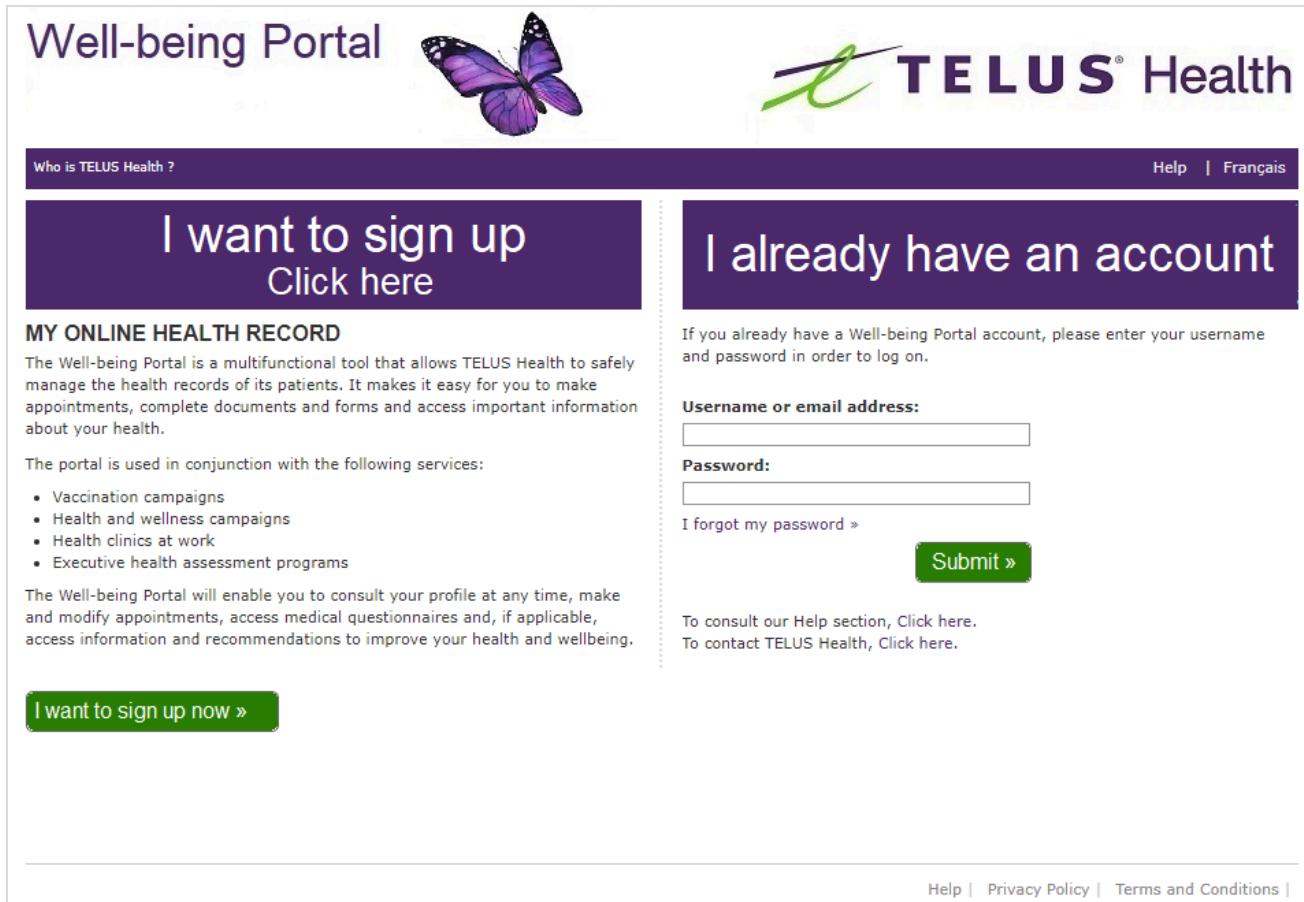
Before you begin, have on hand the **access code** provided to you by your employer.

If you did not receive an access code, please contact your employer before proceeding.

To start taking complete advantage of this handy personal Well-being Portal, you must first sign up and set-up an account by following these simple steps:

- 1) Access the portal by clicking on the following link:

<https://connexion.telushealthcarecentres.ca>



Well-being Portal

Who is TELUS Health ? Help | Français

I want to sign up
Click here

MY ONLINE HEALTH RECORD

The Well-being Portal is a multifunctional tool that allows TELUS Health to safely manage the health records of its patients. It makes it easy for you to make appointments, complete documents and forms and access important information about your health.

The portal is used in conjunction with the following services:

- Vaccination campaigns
- Health and wellness campaigns
- Health clinics at work
- Executive health assessment programs

The Well-being Portal will enable you to consult your profile at any time, make and modify appointments, access medical questionnaires and, if applicable, access information and recommendations to improve your health and wellbeing.

I want to sign up now »

I already have an account

If you already have a Well-being Portal account, please enter your username and password in order to log on.

Username or email address:

Password:

[I forgot my password »](#)

Submit »

To consult our Help section, [Click here](#).
To contact TELUS Health, [Click here](#).

[Help](#) | [Privacy Policy](#) | [Terms and Conditions](#) |

2) Complete the registration form by entering the access code provided by your employer:



[« Return to Log in Page](#) [Help](#) | [Français](#)

1 SIGN UP NOW * Required field

Account creation

Access code: *

An Access code was sent to you that enables us to identify which group you belong to. The Access code is a sequence of letters and numbers.

By clicking on "**I agree**", you confirm that you have read and agree to the following conditions: [Terms and Conditions](#) and [Privacy Policy](#).

I agree

[Help](#) | [Privacy Policy](#) | [Terms and Conditions](#)

3) After the access code is entered, you will be directed to the registration form

4) Complete all of required information in the fields indicated by an asterisk*, then click on "**I agree**"



[« Return to Log in Page](#) [Help](#) | [Français](#)

2 SIGN UP NOW * Required field

Personal Information

VAC2024DEMOMTL

First Name: *
 Last Name: *
 Gender: * Gender:
 Birthdate: * Year: Month: Day:
 Phone (Work):
 Phone (home or cell): *

Account creation

Email (preferably work email): *

An email with your password will be sent to you for future usage.

I agree

[Help](#) | [Privacy Policy](#) | [Terms and Conditions](#)

5) You will be directed to the following screen showing your campaign name, click on “Continue”

Well-being Portal



Welcome Demo Demo Demo

TELUS® Health

HOME RECORD ACTIVITIES AGENDA ARCHIVE TOOLS

Help | Français | Log Off

Vaccination Preventive Health Progr ▾

FLU VACCINATION

As TELUS Health is always looking for ways to give you better, more effective health tools, we are pleased to introduce to you our new online health portal. With this exciting new tool, you will be able to take your appointment, as well as participate in a wellness program, in a safer, more effective and easy-to-use portal environment.

Continue

Help | Privacy Policy | Terms and Conditions |

6) Select the city, your desired date and time slot from the choices available in the dropdown menu.

Well-being Portal



Welcome Demo Demo Demo

TELUS® Health

HOME RECORD ACTIVITIES AGENDA ARCHIVE TOOLS

Help | Français | Log Off

Vaccination Preventive Health Progr ▾

AVAILABLE TIME SLOTS

You can filter the time slots displayed below by selecting a city and/or a date:

-- City -- -- Date --

For your appointment, please allow approximately four (4) minutes plus fifteen (15) minutes wait. The nurse will review your consent questionnaire and give you your shot.

For your appointment, the following instructions apply - Keep your appointment on time and do not show up too early; - Don't forget to bring you prefill Consent Form to the nurse - You have to wait 15 minutes before leaving the area

Appointment location: Click on the desired time slot:

Demo Demo Montreal
2525 Rue du Plaisir
Montreal
Quebec
Canada
H1R 3R3

324-662
Duration: 4 minutes

2024-10-31				
8:00 AM	8:04 AM	8:08 AM	8:12 AM	8:16 AM
8:20 AM	8:24 AM	8:28 AM	8:32 AM	8:36 AM
8:40 AM	8:44 AM	8:48 AM	8:52 AM	8:56 AM
9:00 AM	9:04 AM	9:08 AM	9:12 AM	9:16 AM
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10:40 AM	10:44 AM	10:48 AM	10:52 AM	10:56 AM
11:00 AM	11:04 AM	11:08 AM	11:12 AM	11:16 AM
11:20 AM	11:24 AM	11:28 AM	11:32 AM	11:36 AM
11:40 AM	11:44 AM	11:48 AM	11:52 AM	11:56 AM

Back **Support** **Book my appointment later**

Help | Privacy Policy | Terms and Conditions |

*** If your selection does not return any time slots, this means there are no appointments available on your selected date and you must choose another.

If however, none of your selections are available, contact your on-site coordinator for further instructions.

IMPORTANT: Read the text carefully and select your appointment by clicking on the box that corresponds to your preferred time. Important information concerning your appointment is provided.

Well-being Portal 

Welcome Demo Demo Demo

TELUS® Health

HOME RECORD ACTIVITIES AGENDA ARCHIVE TOOLS Help | Français | Log Off

Vaccination Preventive Health Prog! ▾ 1 Information 2 Appointment

PLEASE CONFIRM YOUR APPOINTMENT

For your appointment, please allow approximately four (4) minutes plus fifteen (15) minutes wait. The nurse will review your consent questionnaire and give you your shot.

For your appointment, the following instructions apply - Keep your appointment on time and do not show up too early; - Don't forget to bring you prefill Consent Form to the nurse - You have to wait 15 minutes before leaving the area

Date and Time	2024-10-31 08:00
Appointment location:	Demo Demo Montreal 2525 Rue du Plaisir Montreal Quebec Canada H1R 3R3
324-662  Duration: 4 minutes	
Could you please provide your telephone number where the nurse can reach you at home or at work and with your extension, if applicable.	

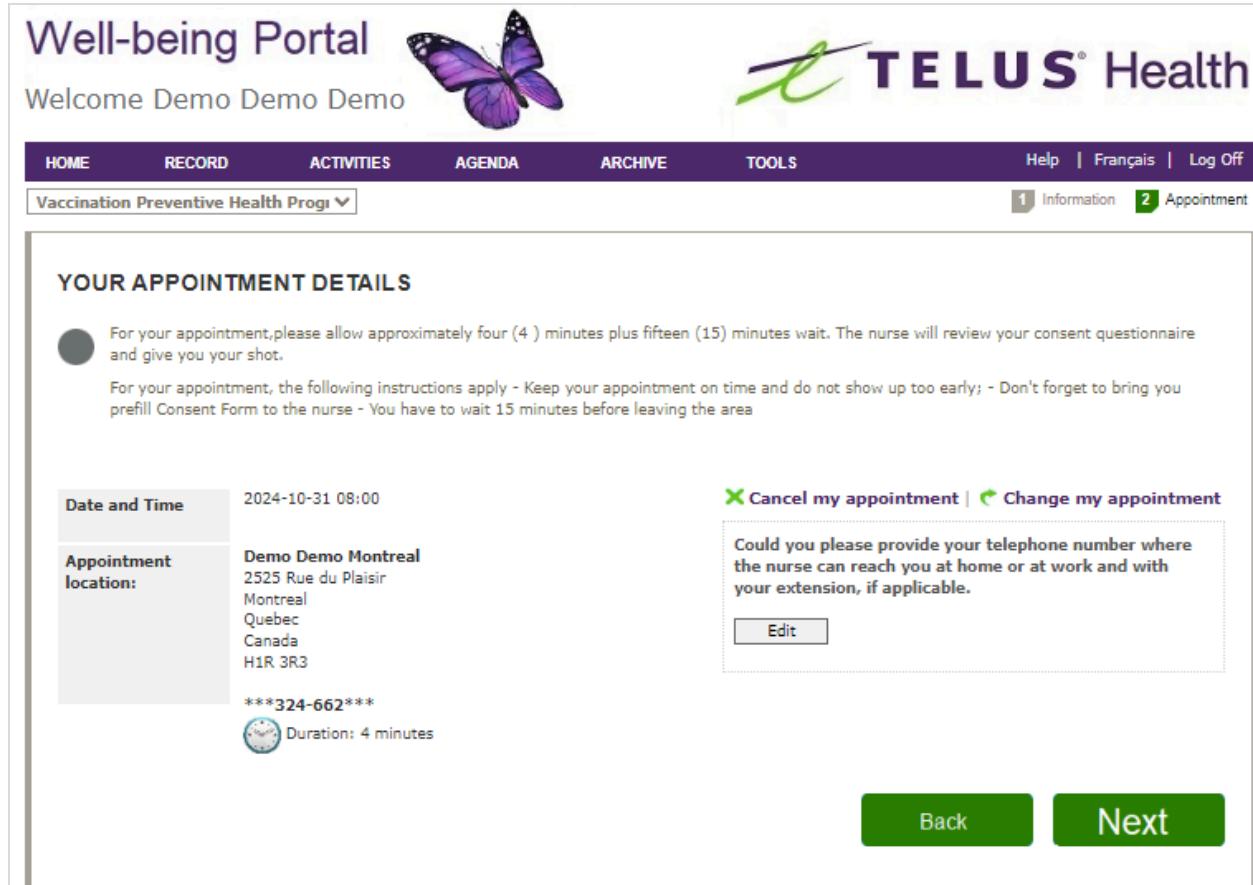
Back Submit

Help | Privacy Policy | Terms and Conditions |

IMPORTANT:

Within one hour of your registration, you will receive 2 emails. The first email will contain the details relating to your selected appointment.

The second email will contain a consent form which you must print, complete and bring with you to your appointment:



The screenshot shows the TELUS Health Well-being Portal. At the top, there is a purple header bar with the TELUS Health logo. Below the header, a purple banner says "Well-being Portal". To the right of the banner is a purple butterfly graphic. The main content area has a white background. At the top left, it says "Welcome Demo Demo Demo". On the right, there is a "TELUS Health" logo. Below the banner, there is a navigation menu with tabs: HOME, RECORD, ACTIVITIES, AGENDA, ARCHIVE, and TOOLS. To the right of the menu are links for "Help | Français | Log Off". Below the menu, there is a dropdown menu showing "Vaccination Preventive Health Prog". On the right, there are two small buttons: "1 Information" and "2 Appointment". The main content area is titled "YOUR APPOINTMENT DETAILS". It contains two paragraphs of instructions. Below the instructions, there is a table with two rows. The first row has "Date and Time" (2024-10-31 08:00) and "Cancel my appointment | Change my appointment". The second row has "Appointment location:" (Demo Demo Montreal, 2525 Rue du Plaisir, Montreal, Québec, Canada, H1R 3R3) and "Could you please provide your telephone number where the nurse can reach you at home or at work and with your extension, if applicable." Below the table, there is a "Duration: 4 minutes" label with a clock icon. At the bottom right, there are "Back" and "Next" buttons.

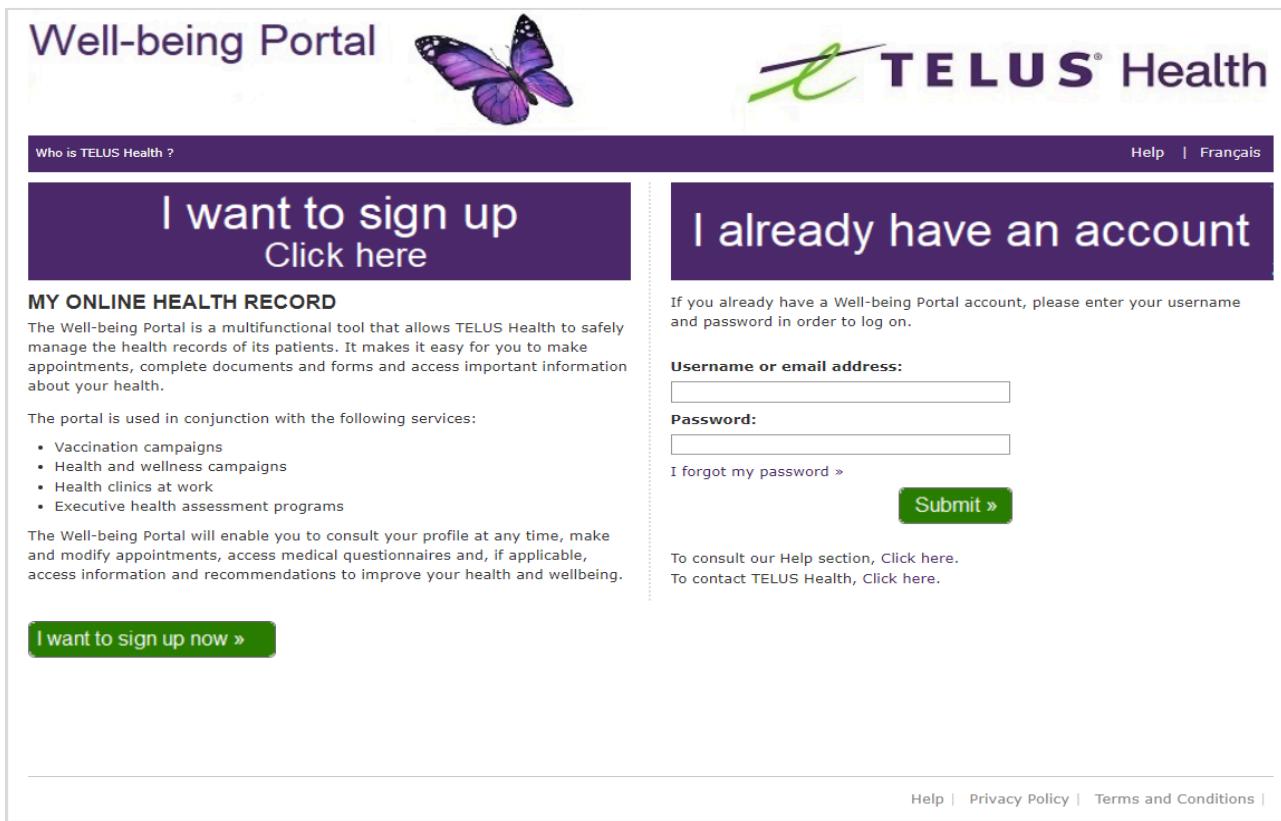
If, however, you realize you need to make a change to your time slot, you can cancel or modify the appointment immediately by selecting either **Cancel my appointment** or **Change my appointment**.

You will be redirected to the scheduling page where you can make your changes or confirm your cancellation.

2. Existing User Registration

If this is not your first Biometrics experience and you have already registered your account in the Well-being Portal, you may access your account as follows:

- 1) Access the portal by following this link: <https://connexion.cliniquestelussante.ca/>
- 2) Enter your email address and password and click on “**Submit**”



Well-being Portal 

Who is TELUS Health ?  Help | Français

I want to sign up
Click here

I already have an account

If you already have a Well-being Portal account, please enter your username and password in order to log on.

Username or email address:

Password:

[I forgot my password »](#)

Submit »

To consult our Help section, [Click here](#).
To contact TELUS Health, [Click here](#).

I want to sign up now »

Help | Privacy Policy | Terms and Conditions |

If you do not remember your password, click on *Forgot my password*.

Within one hour of requesting a password reset, you will receive an email containing a temporary password which you must change in order to access the portal:

Well-being Portal

[« Return to Log in Page](#)[Help](#) | [Français](#)

CHANGE YOUR PASSWORD – STEP 1 OF 3

Forgot your password? This secure, 3-step procedure will enable you to change it. Please provide the requested information and follow the instructions below.

Step 1 – Please provide the following information

First Name**Last Name****Birthdate** Year: Month: Day: **Next**[Help](#) | [Privacy Policy](#) | [Terms and Conditions](#) |

If you experience any issues while trying to reset your password, follow the instructions provided in the password reset email

Well-being Portal

[« Return to Log in Page](#)[Help](#) | [Français](#)

You will receive a confirmation email at the following address: **josee.cote@telus.com**. Please click on the link contained in that email to confirm. You can also copy and paste the link into your browser.

I HAVE NOT RECEIVED THE CONFIRMATION EMAIL.

If you have not received the confirmation email within fifteen (15) minutes, please verify that **josee.cote@telus.com** is a valid email. If your address is different from the aforementioned one, you must return to the home page and sign up again.

Verify that the confirmation email has not been blocked by your spam filter.

To receive another confirmation email,

[Click here](#)

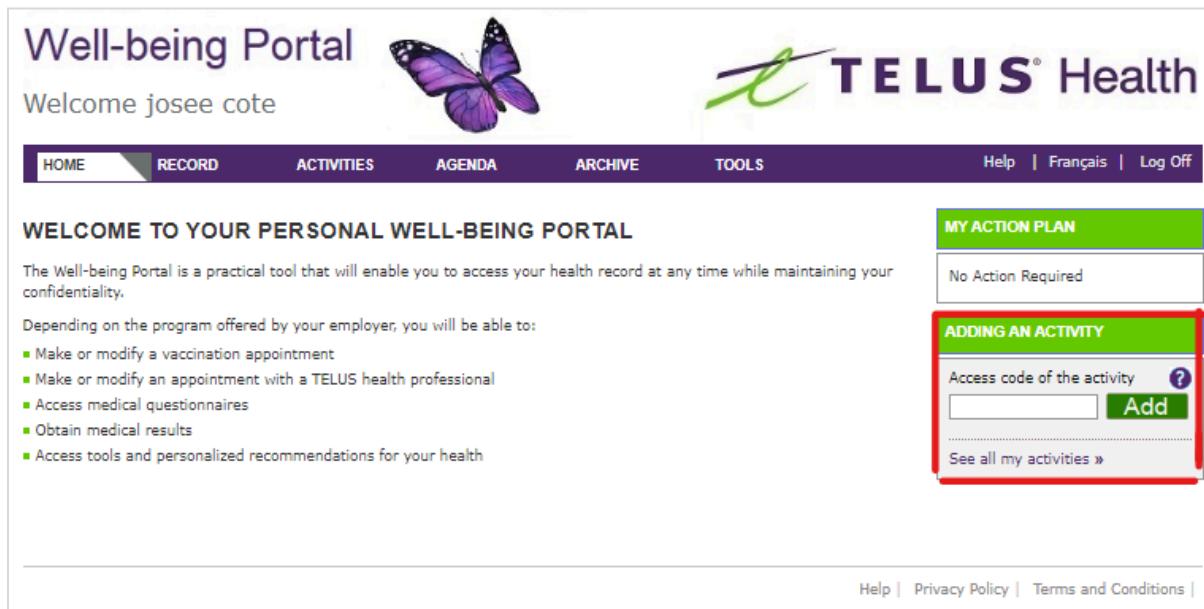
To contact us at any time, [click here](#) to contact us.

[Help](#) | [Privacy Policy](#) | [Terms and Conditions](#) |

3. Booking an Appointment

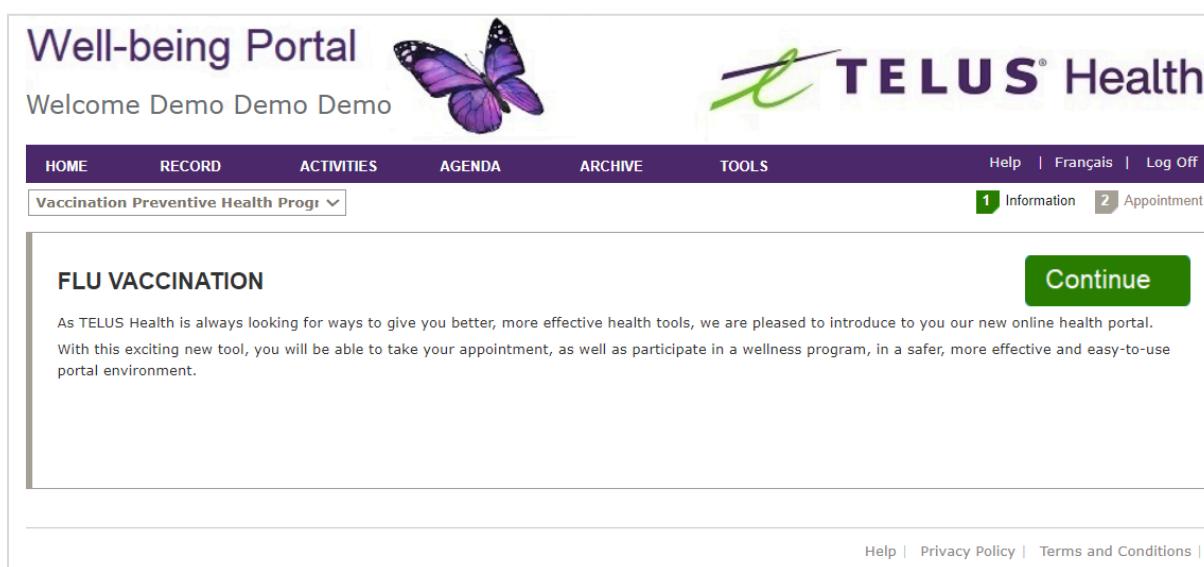
Now, you may proceed to book your appointment on-line.

- 1) Begin by entering your access code in the space under “**ADDING AN ACTIVITY**”, which will bring you to the scheduling page.



The screenshot shows the TELUS Health Well-being Portal homepage. The top navigation bar includes links for HOME, RECORD, ACTIVITIES, AGENDA, ARCHIVE, TOOLS, Help, Français, and Log Off. The main content area features a purple butterfly graphic and a welcome message for "josee cote". A green box labeled "WELCOME TO YOUR PERSONAL WELL-BEING PORTAL" contains text about the portal's purpose and user benefits. To the right, a red box highlights the "ADDING AN ACTIVITY" section, which includes a form for entering an "Access code of the activity" and a green "Add" button. Other buttons include "See all my activities" and "Help | Privacy Policy | Terms and Conditions".

Once on the program description page, click on “**Continue**”



The screenshot shows a program description page for "FLU VACCINATION". The top navigation bar is identical to the previous screenshot. The main content area features a purple butterfly graphic and a welcome message for "Demo Demo Demo". A green box labeled "FLU VACCINATION" contains text about the program's purpose and user benefits. To the right, a green "Continue" button is highlighted. Other buttons include "Help | Privacy Policy | Terms and Conditions" and a status bar with "1 Information" and "2 Appointment".

- 2) Select the city and the date from the options available in the dropdown menu
- 3) Select the time slot from the dates chosen by your employer for the Biometrics campaign

Well-being Portal

Welcome Demo Demo Demo





HOME
RECORD
ACTIVITIES
AGENDA
ARCHIVE
TOOLS
Help | Français | Log Off

Vaccination Preventive Health Progi ▾
1 Information
2 Appointment

AVAILABLE TIME SLOTS

You can filter the time slots displayed below by selecting a city and/or a date:

-- City --
-- Date --

For your appointment, please allow approximately four (4) minutes plus fifteen (15) minutes wait. The nurse will review your consent questionnaire and give you your shot.

For your appointment, the following instructions apply - Keep your appointment on time and do not show up too early; - Don't forget to bring you prefill Consent Form to the nurse - You have to wait 15 minutes before leaving the area

Appointment location: **Demo Demo Montreal**
2525 Rue du Plaisir
Montreal
Quebec
Canada
H1R 3R3

324-662
 Duration: 4 minutes

Click on the desired time slot:

2024-10-31				
8:00 AM	8:04 AM	8:08 AM	8:12 AM	8:16 AM
8:20 AM	8:24 AM	8:28 AM	8:32 AM	8:36 AM
8:40 AM	8:44 AM	8:48 AM	8:52 AM	8:56 AM
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11:40 AM	11:44 AM	11:48 AM	11:52 AM	11:56 AM

Back
Support
Book my appointment later

Help | Privacy Policy | Terms and Conditions |

IMPORTANT: Read the text carefully and select your appointment by clicking on the box that corresponds to your preferred time. Important information concerning your appointment is provided.

4) To confirm your appointment, verify that all of the information is correct, and enter any additional information required. Click on “**Submit**”

Well-being Portal 

Welcome Demo Demo Demo

TELUS® Health

HOME RECORD ACTIVITIES AGENDA ARCHIVE TOOLS Help | Français | Log Off

Vaccination Preventive Health Prog ▾ 1 Information 2 Appointment

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Date and Time	2024-10-31 08:00
Appointment location:	Demo Demo Montreal 2525 Rue du Plaisir Montreal Quebec Canada H1R 3R3
324-662  Duration: 4 minutes	

Could you please provide your telephone number where the nurse can reach you at home or at work and with your extension, if applicable.

Back **Submit**

Help | Privacy Policy | Terms and Conditions |

IMPORTANT:

Within one hour of your registration, you will receive 2 emails. The first email will contain the details relating to your selected appointment.

The second email will contain a consent form which you must print, complete and bring with you to your appointment.

4. Cancelling or changing your appointment

To cancel or change your appointment, log into your account and click on the **AGENDA** tab

- 1) Click on the date and time of our appointment

- 2) You will be shown the options to either cancel or change your appointment:

3) If you are changing your appointment, you will be invited to select a new one:

Well-being Portal 

Welcome Demo Demo Demo 

HOME RECORD ACTIVITIES AGENDA ARCHIVE TOOLS Help | Français | Log Off

Vaccination Preventive Health Progri ▾ 1 Information 2 Appointment

AVAILABLE TIME SLOTS

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Appointment location: Click on the desired time slot:

Demo Demo Montreal
2525 Rue du Plessis
Montreal
Quebec
Canada
H1R 3R3
324-662
 Duration: 4 minutes

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10:40 AM	10:44 AM	10:48 AM	10:52 AM	10:56 AM
11:00 AM	11:04 AM	11:08 AM	11:12 AM	11:16 AM
11:20 AM	11:24 AM	11:28 AM	11:32 AM	11:36 AM
11:40 AM	11:44 AM	11:48 AM	11:52 AM	11:56 AM

Back Support Book my appointment later

4) To cancel your appointment, you will be asked to confirm your selection:

Well-being Portal 

Welcome Demo Demo Demo 

HOME RECORD ACTIVITIES AGENDA ARCHIVE TOOLS Help | Français | Log Off

Vaccination Preventive Health Progri ▾ 1 Information 2 Appointment

CANCEL THE APPOINTMENT

 An appointment is mandatory for this program.

Would you rather change this appointment? Click here .

No Yes

- 5) Once you have cancelled your appointment, you will receive an email confirming your appointment has been cancelled. If you would like to move your appointment, you will be redirected to the main scheduling page where you can make any changes.

5. Technical Support

Should you experience any difficulties or have questions regarding the Well-being Portal, do not hesitate to contact us for assistance at the following email address:

cliniquesmedicales.servicesenentreprise@telus.com, it will be a pleasure to assist you.