



Your TELUS Health CBT journey.

TELUS Health CBT's virtual therapy can help with anxiety, depression, and many other mental health challenges.



1. Go to pacificbluecross.myicbt.com to sign up.



2. Complete a quick assessment.

Answer some questions about how you're feeling and what's on your mind (5-7 minutes).



3. Get started.

Download the app or use the web version.



4. Book an appointment with your therapist.

Connect in-app, by phone, or video.



5. Move through the program.

Complete therapeutic activities, videos, and assignments at your own pace.



6. Check-in with your therapist.

You're not alone on your journey.
Your therapist is available throughout.



pacificbluecross.myicbt.com



 **TELUS**® Health