



Total Wellbeing Assessment

What is the Total Wellbeing Assessment?

The easy-to-use Total Wellbeing Assessment helps you understand your strengths and improvement opportunities in all 4 pillars of wellbeing: mental, physical, social and financial.

How does it work?

1. Understand your current state of health across all 4 pillars with quick health assessment questionnaires that take only a couple of minutes to complete each. Get immediate feedback on your level of risk and see "What you are doing well", "Areas for improvement" and "Suggested resources".
2. Improve your health with personalised wellbeing content, tips and content based on the results of your assessment – whether you're thinking about setting new health goals like quitting smoking, improving your diet, or wanting to incorporate more physical activity in your daily routine.
3. View your total health score. 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.
4. Make improvements based on personalised wellbeing content and re-take assessments at any time for an updated score.



Download the TELUS Health One app at your device app store or scan the QR code.

TELUS Health

Option 1:

TELUS

Total Wellbeing Assessment

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Option 2:



Ps. Linda Gray

BHuServ, BTheol, MCouns, ACA, Professional Supervisor, clinical and pastoral

Linda has worked in the field of counselling for 17 years. Linda's passion is to see people reach their full potential; living an authentic life consistent with their values and the things that are important to them and enjoying strong and healthy relationships which support their own personal journey of growth. Linda believes that effective counselling is about providing a safe environment to explore challenges and identify changes clients want to make moving forward. It's also about providing tools that clients can take into their own environment to support with maintaining changes. Linda also has a strong connect with our local Church.

0401 517 243 | Linda@relationshipsanctuary.com.au | 6 free sessions per presenting matter



Karen Chapman

B. Counselling (Grad), CCAA Reg, PACFA Reg

As well as being a qualified counsellor, Karen is a wife, mother, grandmother, step-mother and step-grandmother. Karen is a passionate about helping people to discover their life purpose and experience personal growth, health, and wholeness in every area of their lives. Karen's person-centered approach values the individuality and uniqueness of each person, and provides an empathic and accepting space for clients to share their stories and concerns. Karen has a special interest in working with women of all ages. She has a deep understanding of various issues women often face. Karen is long-standing member of the Parklands community.

0421 329 765 | 6 free sessions per presenting matter