

COVID-19: Support for Employees

Resources are available to support you and your family during the COVID-19 outbreak. For more information on the resources available, visit [connect.teck](https://connect.teck.com).



Employee Assistance Program Resources

Teck's Employee Assistance Program (EAP) is available to help ensure employees have somewhere to turn for support, particularly when coping with stress and anxiety.

Immediate and confidential EAP services are accessible 24/7, 365 days a year. Individuals will receive crisis counselling support and/or referral to community resources.

Access EAP through IBH Solutions

Toll Free: 1.800.395.1616

[hwww.ibhsolutions.com](https://www.ibhsolutions.com)

Username: Teck

Password: American

Teladoc Health App

All employees have access to Teladoc Health, a mobile health app.

Employees who are enrolled in the Teck American provided medical plan have access to virtual health care services through Teladoc Health. Teladoc Health provides access to a team of primary care providers from your mobile device to ensure you and your family have access to the care you need. Due to the high volume of calls because of the COVID-19 outbreak, you may experience longer than normal wait times.

Access Teladoc Health

Toll Free: 1.800.835.2362

www.teladoc.com

Extended Short-Term Disability Benefits

Teck has expanded current coverage of sick leave benefits for regular employees who are experiencing symptoms consistent with COVID-19 and who have been instructed to self-isolate. To see if you are eligible, and for more information, please contact your HR Advisor.