

My Work-Life Resources provides support for all of life's challenges

BPAHealth.com



Resources for all of life's crossroads

- Raising a family
- Preparing a will
- Pet services
- Buying or selling a home
- Creating a budget
- Finding a day care provider
- Help with elder care
- Building your career
- Making healthy choices
- Becoming more active

Online seminars

- A new topic each month and archived library
- On demand and easy to access
- Many topics on health, parenting, finances and career development

Skill Builders e-learning courses

- On demand visual presentations can be completed in 15 to 20 minutes
- Receive a certificate of completion
- Topics that support all areas of personal improvement such as health, career and time management.

Savings Center

- Discount shopping
- Up to 25% savings on name brand, practical and luxury items

Accessing BPA Health My Work– Life Resources is easy at BPAHealth.com
Questions call: 1-800-726-0003

Connect. Improve. Achieve.

BPAHealth.com

Easy to access & mobile friendly

The BPA Health Website is available to you when and where you need it.

This is how you access **My Work-Life Resources**:

EAP Member Resources
Login & access:

- Details about your EAP
- Work/Life and Legal/Financial benefits
- Free lifestyle tools and resources

Employer Name

Toll Free Number

LOGIN Need Login Help? Call 800-726-0003

EAP Member Resources

LOG OUT

SEARCH EAP PROVIDERS

MY WORK-LIFE RESOURCES

Talk To Us
Call BPA Health to access services and learn more about your benefit.



Go to **BPAHealth.com** and enter the following information:
Login: **Espresso Building Services**
password: **8007260003**

Select the My Work-Life Resources button and you will be connect to the resource web portal.

View or download work- life resources including webinars, forms, informational documents and educational



ONLINE SEMINARS

Access on demand or archived seminars. Topics include health, parenting, finances and career development, and so much more.

You can access on demand archived seminars when and where you need to.



RESOURCE LOCATOR

Use this handy search tool if you are finding services to support life's transitions. Child care, elder care, pet care, and many others are included.

Use this handy search tool to locate a child care provider or find a pet sitter. Use the older adult services locator to find a professional who provides elder care services.



SKILL BUILDERS

Skill Builders are e-learning courses that can be completed in 15-20 minutes. Each offers a visual presentation, brief online quizzes, and a printable certificate of completion.

The Skill Builders section helps you to improve work and personal relationships. It is easy to log in and take a course. Try "Eating Your Way to Wellness" today!

BPA Health is a Boise, Idaho company that connects people to make individual lives better, organizations more effective and communities stronger. BPA Health professionals help individuals confront everyday challenges and address the uniquely personal problems that impact their job performance, health and overall well-being.

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