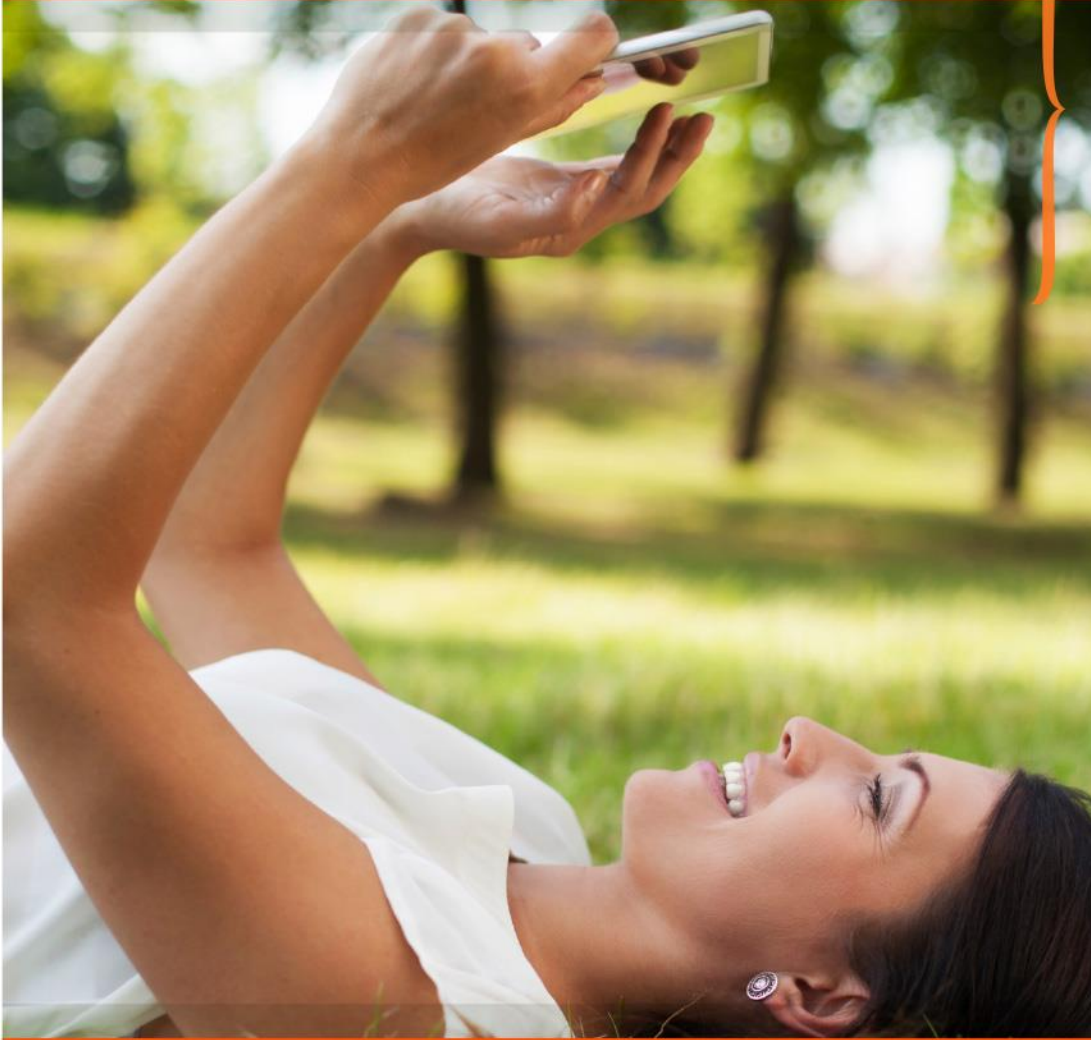


Employee Assistance Program

MEMBER WEBSITE



FEATURES INCLUDE

- Comprehensive library of articles on topics including relationships, communication, emotional resilience, wellness, career development, consumer tips, and more.
- Service locators and informational handbooks on Child Care and Elder Care resources.
- On Demand Webinars led by counselors and subject matter experts with new content added every month.

Connect to Employee Assistance Program resources online

Resources right at your fingertips to support your wellbeing at every stage of life. Our Work/Life website provides a host of services that augment the HMSA EAP with information and tools to achieve work life balance and general wellness.

Use assessments as a way to evaluate yourself on a variety of health/wellness subjects, Explore a wide range of topics including Daily Life, Parenting, Aging, and Health/Wellness all in one convenient site. Tools to learn more about yourself and support your own wellbeing journey are just a click away.

TOLL-FREE: **800-847-7240**

WEBSITE: **www.my-life-resource.com**

USERNAME: **hmsa**

PASSWORD: **myresource**

HMSA HEALTH MANAGEMENT
SYSTEMS OF AMERICA

HELPING PEOPLE | INSPIRING SOLUTIONS