

# Program Summary

## Work/Life Web Resource



### Online EAP Work/Life Resource

Our Work/Life website provides a host of services that augment the HMSA EAP as well as provide resources for individuals who do not require counseling but are looking for information and tools to achieve work life balance and general wellness.



HMSA's online resources include:

- ✓ Childcare providers
- ✓ Eldercare providers
- ✓ Health Risk Assessments (HRAs/Weight loss tools)
- ✓ Adoption agency resources
- ✓ Education resources from pre-k through college/university
- ✓ Legal and financial documents/resources
- ✓ Podcasts/Seminars
- ✓ 1,000 + articles

### ONLINE WORK-LIFE EAP RESOURCES

[www.my-life-resource.com](http://www.my-life-resource.com)

Username: **hmsa**  
Password: **myresource**