

Employee Assistance Program (EAP)



LIFE HAPPENS Your EAP has resources when it does

Connect to Free and Confidential Resources

- **Counseling** visits with a qualified provider, *in person or via video*
- **Legal** advice or consultation
- **Financial** planning and advice
- Online tools for everything life throws at you

Improve Your Life

- Strengthen troubled relationships
- Increase job satisfaction
- Decrease stress
- Have better overall health

Achieve More

- Experience personal fulfillment
- Find success at work
- Strengthen your community

Life affects everyone. These services are there for you AND your eligible family members!

It's **free** - All of these resources are provided at no cost to you by your employer

AND it's **confidential** – nothing is reported to your employer that will identify you or your family

To Login at www.bpahealth.com/eap-home, enter:

Employer Name: Post Falls School District

Toll Free Number: 800-726-0003

Plan Design: up to 8 sessions per incident per plan year

How to Access: it's Easy and Private

Start at our mobile friendly website:

www.bpahealth.com/eap-home

- Search for local providers with which to schedule an appointment
- Login to see details of your plan and to access the online resources

Before attending a counseling appointment, or if you want to talk to a lawyer or financial advisor:

Call 800-726-0003 or go ONLINE to submit a Request for Service form.

Our support center will set everything up for you.

Things really tough?

Extra support is there 24/7 in a time of urgent need. Call **any time** if you or someone you know is in harm's way.

BPA Health

(800) 726-0003

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