

# 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

## How to Access: it's Easy and Private

Start at our mobile friendly website:

[www.bpahealth.com/eap-home](http://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

8050 W. Rifleman Street #100

Boise, ID 83704 USA

[bpahealth.com](http://bpahealth.com)

To Login at [www.bpahealth.com/eap-home](http://www.bpahealth.com/eap-home), enter:

**Employer Name:** Lakeland School District

**Toll Free Number:** 800-726-0003

Plan Design: up to 6 sessions per incident per plan year



# 2021 calendar

	THEME	ONLINE SEMINAR	DESCRIPTION Seminars can be found on your home page, or you can search for them by title.
JAN	<b>Reframing Your World</b>	<i>Reframing Your World</i> Available on Demand Starting Jan 19th	Discover the practical ways to reframe your perspective to live a more present and positive life.
FEB	<b>Setting Goals</b>	<i>Setting Goals for Your Future</i> Available on Demand Starting Feb 16th	Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life.
MAR	<b>Planning for Success</b>	<i>Planning for Success</i> Available on Demand Starting Mar 16th	Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm.
APR	<b>Financial Security</b>	<i>The Steps to Financial Security</i> Available on Demand Starting Apr 20th	Understand the practical ways you can feel more secure and more stable in your finance management.
MAY	<b>Addressing Anxiety</b>	<i>Addressing Anxiety in an Uncertain World</i> Available on Demand Starting May 18th	Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way.
JUN	<b>Healthy Relationships</b>	<i>Building Healthy and Happy Relationships</i> Available on Demand Starting Jun 15th	Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting.
JUL	<b>Summer Holiday</b>	<i>Maximizing Your Summer Break</i> Available on Demand Starting Jul 20th	Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family.
AUG	<b>Building Confidence in Children</b>	<i>Raising Confident Children</i> Available on Demand Starting Aug 17th	Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults.
SEP	<b>Being Present</b>	<i>Switch on to Being More Present</i> Available on Demand Starting Sep 21st	Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.
OCT	<b>Embracing Differences</b>	<i>Embracing Diversity and Differences</i> Available on Demand Starting Oct 19th	Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life.
NOV	<b>Caring for Our Elders</b>	<i>Caring for Our Elders</i> Available on Demand Starting Nov 16th	Find out more about the aging process and how to both practically and emotionally care for elderly relatives.
DEC	<b>Making Time to Make a Difference</b>	<i>Paying it Forward</i> Available on Demand Starting Dec 21st	Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others.

Always Available | Free | Confidential

## LET US HELP

**TOLL-FREE:** 800-726-0003

**WEBSITE:** [www.bpahealth.com/eap-home](http://www.bpahealth.com/eap-home)

**USERNAME:** Lakeland School District

**PASSWORD:** 8007260003



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

**BPAHealth.com**



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**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

**News For You**

- Find relevant information about current events.
- Keep up to date with what is happening now.

**Savings Center**

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

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Accessing BPA Health My Work– Life Resources is easy at [BPAHealth.com](http://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

**New! EAP Online Service Request**

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/eap-home** and enter the following information:  
Employer Name: **Lakeland School District**  
Toll Free Number: **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

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.



**NEWS FOR YOU**

Find relevant information about current events. Keep up to date with what is happening now.

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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.

**Connect. Improve. Achieve.**

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