New ways to connect through your Employee Assistance Program

Resources and support are right at your fingertips with your EAP My Life Resource website. More than a website, this online portal allows you the option to connect with peers and co-workers in forums on work-life topics that are of interest to you. Our full library of informative articles, handy assessments, and valuable resource links can all be accessed through this one convenient location. Log on and see how My-Life-Resource can assist you in all aspects of your life.

WEBSITE: www.my-life-resource.com
USERNAME: hmsa • PASSWORD: myresource

NEW FEATURES INCLUDE:
• Continually updated library of support topics including parenting, wellness, career development, consumer tips, and more
• Employee personalized login capability prompting further reading and tools based on previously viewed content
• Online forums that allow employees to discuss and blog a variety of trending Work-Life topics
• Locator tools including childcare, eldercare, adoption providers, educational institutes, and pet services
• Mobile version viewable on most Smart phones
• Access to informative live or archived webinars
• Interactive Skill Builders on a wide range of professional and personal growth topics