

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.

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HMSA HEALTH MANAGEMENT SYSTEMS OF AMERICA
Call us 24/7 at 1-800.847.7240

Homepage Parenting+ Aging+ Balancing+ Health/Wellness+ Working+ Daily Life+ International+

Getting Your Affairs in Order
No one ever plans to be sick or disabled. Yet, it's just this kind of planning that can make all the difference in an emergency.

NEWS FOR YOU
Find relevant information about current events. Keep

ONLINE SEMINARS
Seminars are an interactive learning experience.

FAVORITE CONTENT
Find the most popular pieces of content here -

CENTERS
[Locate Providers](#)

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

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