



Employee Assistance Program

Helping You Show Up as Your Best—At Work and at Home

What's Included in Your EAP?



Counseling Services

- Free and confidential counseling with access to 36,000+ licensed professionals across the country
- Convenient virtual appointments through BetterHelp, including options for couples and teenagers



Life Resources

- Stress & personal growth support
- Parenting & eldercare resources
- Legal & financial consultations
- Identity theft recovery
- Will maker & tax tools



Who's Covered?

- You
- Your spouse or partner
- Dependents up to age 26



How to Access Support



We are real people providing real help in real time



Call: 800-726-0003



Text: 208-336-4275



Go Online at:
www.bpahealth.com

The BPA Health Difference

Personalized Service Navigation

No more hours spent searching for a provider.

- Vetted providers within 24 hours and appointment scheduling
- Follow up at 10 days to ensure connection
- Check-in again at 30 days for additional support

Critical Incident Response (CIR)

- On-site support for workplace trauma, grief, or crisis

Advanced Search Tools

- Find providers by specialty, age group, and schedule

Monthly Tools for Everyday Resilience

Stay informed with monthly newsletters, resources, and trainings covering self-care, parenting, financial wellness, and more.



Did You Know?

Employees using an EAP are **6X more likely** to remain engaged at work, show improved job performance and job satisfaction.

Helping people be healthier and organizations more effective since 1974.

Call us at (800) 726-0003 or visit us at bpahealth.com to learn more.



Member Portal