

OPTIMA EAP

# Work/ Life Services



## MAKE TIME FOR WHAT MATTERS MOST

**Access a wide range of online resources for work and life topics on one website.  
Peace of mind and assistance your family can trust are just one click away.**

- search databases for children, older adults, or pet care providers and more
- learn new skills by taking online classes
- find discounts for up to 25% off of hundreds of name brand items
- review our encyclopedia of medical and legal terms
- read from our extensive library of articles for help with issues like: aging, balancing, living, parenting and thriving

To access this information and more, sign in at [OptimaEAP.com](https://OptimaEAP.com)

Enter your username: \_\_\_\_\_

Click on the *Work-Life* tile

Select *Access Enhanced Online Resources*

For more assistance, call Optima EAP

757-363-6777 or 1-800-899-8174

Optima   
Health

Employee Assistance Program