



*Life is a challenge.
We provide support to see
you through it.*

**Welcome to the EAP Program with COSSA.
You have up to 3 sessions per incident per benefit year.**

Your EAP (Employee Assistance Program) is a benefit provided by your employer to help you successfully address work and personal problems that impact your life.

BPA Health, the administrator of your EAP, connects you to face-to-face counseling professionals, web-based tools and other resources that will help you sort out work, personal or family issues.

- **Personal:** Stress, anxiety, depression, grief, drug or alcohol use
 - **Relationship:** Marriage, separation or divorce, family, parenting, domestic abuse
 - **Work:** Anger management, job change, co-worker conflicts, ethics
 - **Legal & financial:** Wills, budgeting, financial planning, divorce, identity theft protection and recovery
-

Accessing your EAP is easy, confidential and no cost to you.

Services are provided at no cost to eligible employee and family and are strictly confidential.

To access services call **1-800-726-0003**.

Crisis counselors are available **24 hours a day, 7 days a week**.

BPAHealth.com

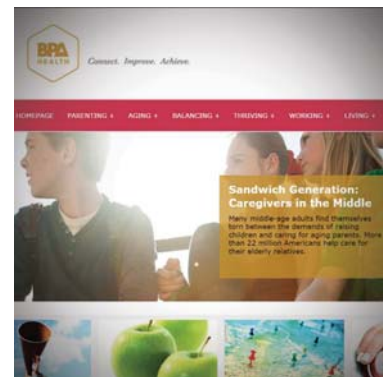
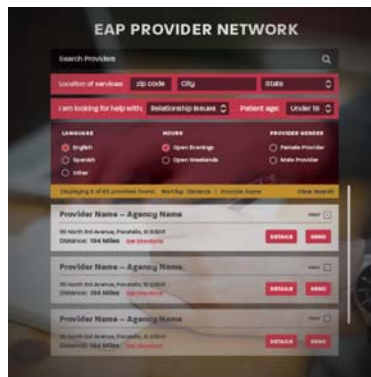
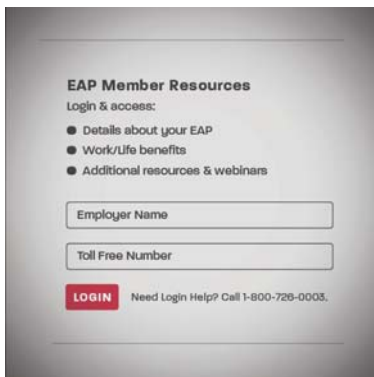
Connect. Improve. Achieve.

BPAHealth.com

Easy to access & mobile friendly.

The BPA Health Website is available to you when and where you need it. On the site, you have access to useful information and resources:

- **Review your benefits**
- **Search providers near you**
- **Access your work-life resources**



Login is fast.

Go to **BPAHealth.com** and enter the following information:

Login: **COSSA**

Password: **8007260003**

Finding a provider is easy.

Using the smart search options, look for a provider by location, service that meets your need, gender, hours of operation and more.

Resources are convenient.

View or download work-life resources including webinars, forms, informational documents, and educational materials.

BPA Health is a Boise, Idaho company that connects people to make lives better, organizations more effective and communities stronger. BPA Health professionals help individuals successfully address work and personal problems that impact their job performance, health and overall wellbeing.

Connect. Improve. Achieve.

