

## YOUR EMPLOYEE SUPPORT PROGRAM

# Online Seminars

## Available on demand!

Our popular online seminars are now available on demand. You no longer need to register and attend at a set time. Seminars will be pre-recorded and uploaded on the third Tuesday of each month:

- Go to your homepage to find the *Online Seminar* link.
- Click on the link provided and follow the instructions to launch the seminar.
- If you have questions type them into the "Ask a question" box. You will receive an answer within five business days. All questions and answers will be posted on the FAQ tab.
- The complete library of past online seminars is also available.



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

TOLL-FREE: **800-280-3782**

WEBSITE: **www.bhoptions.com**

SELECT: **online work-life resources tab**

ENTER COMPANY CODE: **LVPPACE**