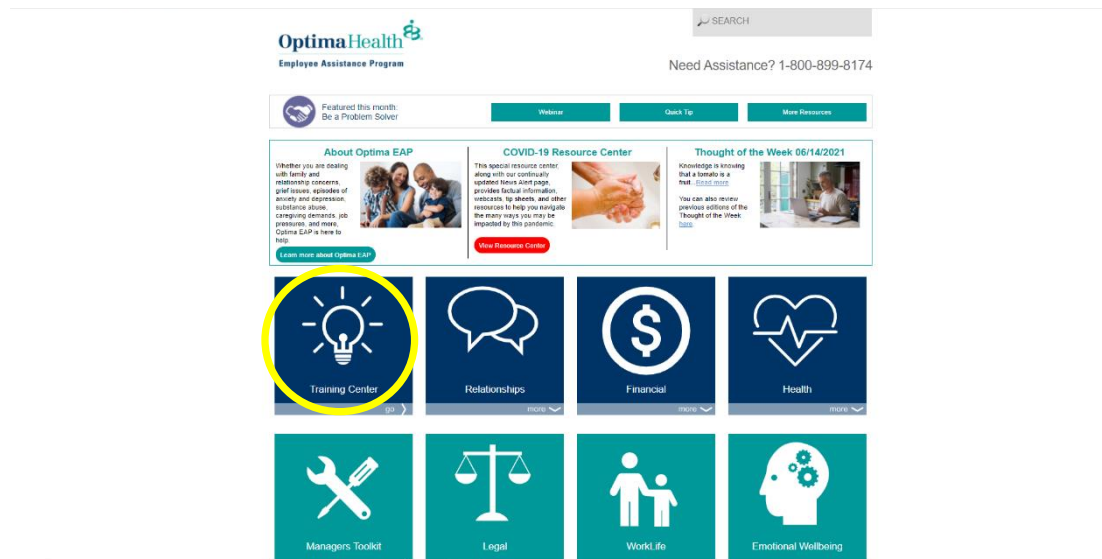
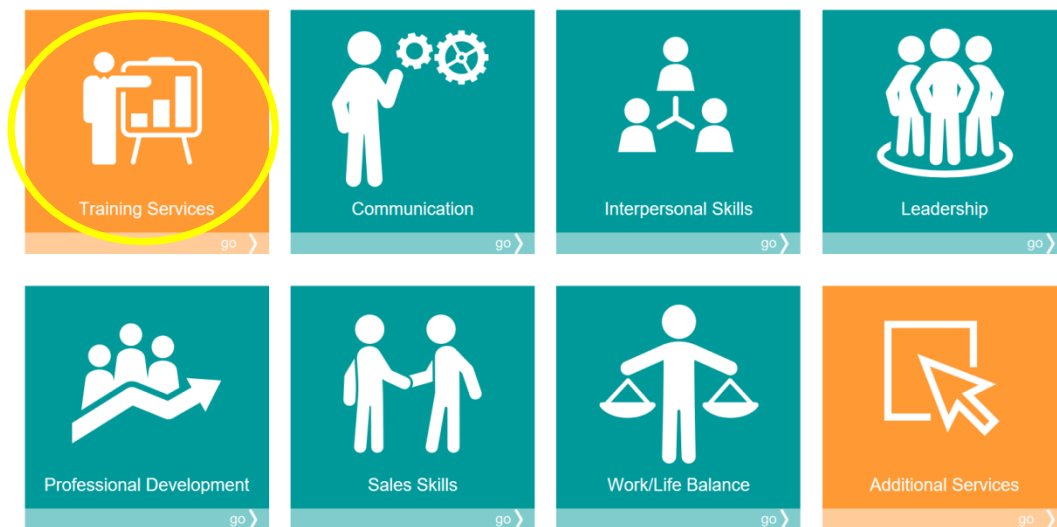


Navigation Aid for Training Resources on Optima EAP's Website

- 1 Login to www.OptimaEAP.com and enter your organization's username ("CityofHampton"). (Don't know the username? Contact your HR department or Optima EAP at 1-800-899-8174.)
- 2 On the homepage, click on the navy *Training Center* tile:



- 3 Then click on and explore the teal tiles to see on-demand modules related to each category, or click on the orange *Training Services* tile to view our full listing of onsite and online offerings:



NOTE: The *Additional Services* tile details training classes facilitated by subject matter experts on a fee-for-service basis.

Looking for something else? Call the Training Team at 1-800-899-8174 for assistance.