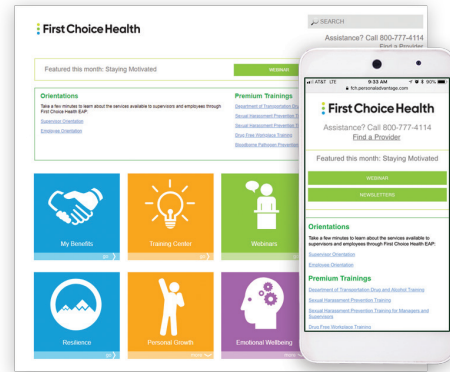




FCH MAP Website

24/7 Access on Your Computer or Smart Phone



To access [webinars, trainings, tools, and forms](#), visit the mobile-friendly MAP website at:
www.FirstChoiceEAP.com
and enter your Trust's username in the box under "Website Login".

Username: opcmia

(800) 777-4114



www.FirstChoiceEAP.com



First Choice Health®

Member Assistance Program

FREE & CONFIDENTIAL SERVICES | 24/7 ACCESS

(800) 777-4114 or www.FirstChoiceEAP.com

First Choice Health®

Member Assistance Program

FREE & CONFIDENTIAL SERVICES | 24/7 ACCESS



MAP Assistance Program

First Choice Health Member Assistance Program (MAP) provides you, your spouse and children up to age 26, coaching and problem solving services that are free, convenient, and confidential with a licensed behavioral health provider.

FCH MAP helps with a variety of family, relationship, emotional, behavioral, mental health, and substance abuse concerns, including:

- Anxiety/Depression/Other Concerns
- Mental Health Issues
- Couples/Relationships/Parenting
- Crisis Support
- Alcohol/Drug/Other Addictions
- Grief and Loss
- Work Conflict
- Domestic Violence

In addition, we provide the following work-life resources:

- Legal and Financial
- Childcare and Eldercare
- Identity Theft
- Home Ownership

Confidential Services

We know that making it possible to consult discreetly with a behavioral health provider is essential, and perhaps the most important role of the MAP. Be assured that information about you and your contact with the MAP is never released without your signed consent (except as required by law to ensure your or others' safety).

Assessment & Referral

Through the MAP benefit, you can meet with a licensed behavioral health professional face-to-face or via telehealth to discuss a variety of concerns, get assistance, and utilize crisis support.

Simply call (800) 777-4114 to initiate services. Our customer service representatives will find an MAP provider who meets your specialty preference, takes your insurance (in most cases), is located near your home or work, and is available on your schedule. Online therapy sessions are also available. The provider will call you directly to make an appointment—usually 24-48 hours after you speak with MAP staff. And should you need immediate support, our licensed providers are here for you and your covered family members 24/7 by phone for crisis management.

Our providers include licensed mental health professionals, psychologists, clinical social workers, and marriage and family therapists.

To initiate Assessment and Referral Services, contact us at **(800) 777-4114** or online at www.FirstChoiceEAP.com by clicking on the green “Request a Referral” button.

Work-Life Resources Online or with a Consultant

Legal Consultations

You have access to a free 30-minute legal consultation, face-to-face, or by telephone. Typical issues include: wills and estate planning, family and domestic concerns, motor vehicle matters, civil issues, elder law, divorce and parenting plans, juvenile issues, and a variety of other concerns. Should you decide to retain the attorney for ongoing services, you will receive a 25% reduction in the attorney’s normal hourly fees. Legal forms and templates are also available free on our website. *Employment-related concerns are not covered.*

Financial Services

Financial counselors are available for a free 30-minute telephonic consultation. Topics include: budgeting, estate planning, credit card consolidation, savings, debt management, retirement planning, and more. Look to our website for money-saving tips and resources on many other topics related to finances. Finally, our Home Ownership Assistance Program can help save you money on relocation, mortgages, and realtor costs.



Identity Theft Consultations

If you should become a victim, know that our Fraud Resolution Specialists are here to help. Our team of qualified legal professionals can provide you with step-by-step guidance and consultation about identity theft or fraud.

Childcare Referrals

This convenient service offers families and parents resources for child-related needs. Qualified childcare professionals help identify services including: prenatal care, daycare, summer activities, special needs resources, adoption, child development, parenting skills, step-parenting, single parenting, issues of adolescence, and college planning.

Eldercare Services

If you’re concerned about an aging or disabled loved one, our eldercare experts can provide you with resources, regardless of where your family member lives. This comprehensive service can save you time and increase your peace of mind with information on Medicare, Social Security, in-home care, transportation, chore services, assisted living, and many other resources.

Accessing MAP Resources

Your free and confidential MAP is always available to assist you in managing your life’s challenges and goals. You can reach the MAP 24 hours a day, seven days a week, by phone or through the MAP website at www.FirstChoiceEAP.com.



(800) 777-4114

www.FirstChoiceEAP.com

MAP Resources	
• Anxiety and Depression	• Domestic Violence
• Couples/Relationships/Parenting	• Legal
• Crisis Support	• Financial
• Alcohol/Drug Problems	• Childcare and Eldercare
• Grief and Loss	• Home Ownership
• Work Conflict	• ID Theft
• Compulsive Behaviors	• And many more...

Eligible Members, Retirees, Spouse and Children to age 26 are covered.