



Welcome to your Member Assistance Program (MAP)

We're here to coach and guide you through the challenges in your life. Call your MAP—we can help!

OUR SERVICES INCLUDE SUPPORT FOR:

- Anxiety and Depression
- Couples/Relationship/Parenting
- Crisis Support
- Alcohol/Drug Problems
- Grief and Loss
- Work Conflict
- Compulsive Behaviors
- Domestic Violence
- Legal and Financial
- Childcare and Eldercare
- Home Ownership
- ID Theft
- Healthy Living Tips

CONTACT US

Your free and confidential MAP is always available to assist you!

(800)777-4114

FirstChoiceEAP.com

Your trust's complimentary MAP program is available 24/7 and covers eligible members, retirees, spouses, and children up to age 26. The MAP is here to help when you're facing issues that interfere with your health, well-being, and productivity at home or at work.

The MAP offers up to **3 sessions face-to-face or telehealth** (no co-pay, deductible, or premium) with a qualified clinical expert who can assess your concerns and develop a plan of action. If you need a legal* or financial consultation, or ID theft resolution, you can speak with an expert for up to 30 minutes at no charge. MAP consultants can also provide you with childcare and eldercare information and resources for anywhere in the country. Additionally, the Home Ownership program is a valuable tool to gain a competitive edge as a buyer, and can save you thousands when buying or selling a home.

Simply call us at (800)777-4114 or visit our website to request an appointment.

FREE / CONFIDENTIAL / AVAILABLE 24/7



Online Tools & Resources

Login www.FirstChoiceEAP.com

👍 Username: **opcmia**

Mobile-friendly searchable database of resources, healthy tips and recipes, parenting advice, legal forms, and more.

