



Welcome to your

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

We're here to coach and guide you through the challenges in your life.

**Call your EAP—we can help!**

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

The EAP 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. 30-minute legal and financial expert consultations and 60-minute ID theft resolutions are available at no cost. EAP 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.



## 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 issues
- Legal and financial
- Childcare and eldercare
- Home ownership
- ID theft
- BenefitHub
- Healthy living tips

## Online tools & resources

Login at:

**[www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)**

**Username: opcmia**

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

**Call us at 800-777-4114 or visit [FirstChoiceEAP.com](http://FirstChoiceEAP.com) to request an appointment.**

# Guide to Your EAP Program

## EAP WELLNESS & SUPPORT

### 1. Who is covered by the EAP?

You, your spouse/domestic partner and your children up to age 26 are covered by our EAP services. Your EAP services are at no cost and are strictly confidential.

### 2. How do my family members or I request EAP services?

You can request services in two ways. Call us at [800-777-4114](tel:800-777-4114) or go to the EAP website at [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com). There is a link to "Request a Referral." Complete the questions and it will be forwarded to EAP staff member who will process your request. Please let the EAP know if you have any special preferences in the type of provider you would like to see. For your covered family members to access EAP services, they only need to tell us the name of the organization where their family member is employed and we will serve them. They do not have to tell us the name of the employee and we do not ask. Their EAP services are also strictly confidential.

*California residents only:*

*Eligible members who are California residents must request services through our current pathways ([800-777-4114](tel:800-777-4114) or [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)).*

*They will then be referred to our partner, The Holman Group for coordination of counseling services. Talkspace is currently not available to California residents, however, telehealth services are available upon request through The Holman Group.*

### 3. What services are available from the EAP?

In addition to counseling services, the EAP provides legal and financial consultations, ID theft and fraud support, childcare and eldercare consultations, and home ownership assistance. Details of these programs can be found in your EAP brochure and plan summary.

### 4. How do we get connected to a EAP provider?

After you reach out with your preferences, our customer service team will work hard to match you with the provider that best meets your needs. Once matched, the provider will contact you directly to schedule your appointment.

If for any reason you are dissatisfied with your EAP provider, please let us know after your first session and we will re-refer you to a different EAP provider. This will not count against your sessions.

### 5. Do I have to see the EAP provider face-to-face?

You have the option to see your EAP provider face-to-face or virtually. There is no charge for sessions that are covered per your company's EAP contract (typically 3-6 sessions per issue, per year). Missed appointments or late cancellations will count as service usage.

### 6. What if I want to talk with someone immediately?

Immediate in-the-moment telephonic support with a counselor is available 24/7. All you need to do is request to talk with a counselor when you call. Accessing this telephonic support does not apply toward your free EAP sessions and is also 100% confidential.

**Ready to start? Call [\(800\) 777-4114](tel:800-777-4114) or request a referral online at [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com).**