



Be at Your Best

Your employer wants to support you in being your best at work and in your personal life by providing the Employee Assistance Program (EAP). This program is run by First Sun EAP. Because First Sun is a separate company from BlueChoice HealthPlan, First Sun will be responsible for all services related to the EAP. First Sun services are free to you and your household members.



Counseling Sessions

You get three free sessions that are accessible in face-to-face, telephonic, and messaging formats. These sessions are available for you and your family members per person per contract year for individual, couples and family counseling.

Counseling Services

- Personal Concerns
- Grief and Loss
- Trauma Issues
- Anger Management
- Marital/Relationship Issues
- Family Conflict
- Stress Management
- Spiritual Concerns
- Alcohol/Substance Use
- Workplace Concerns
- Depression
- Anxiety

All counseling services are confidential in compliance with the law.

Life Management Services

Three free life management services per person are available for you and your family members each contract year.

Financial Consultations and Planning

- Budgeting
- Debt Counseling
- Refinancing
- Purchasing a Home/Car
- College Funds
- Retirement Planning/401(k)

Legal Services and Documents

- Domestic/Family
- Civil/Consumer
- Criminal
- Estate Planning
- Real Estate
- Legal Documents

Elder and Adult Care Resources

- Caregiver Support
- Community Resources
- Financial/Legal Education

Child Care Resources

- Child Development
- Special Needs Concerns
- School Selection
- Tutoring Information
- Parent/Child Concerns
- Day Care Information
- Summer Camp Information

College and School Resources

“College Coaches” help with:

- Selecting the Appropriate School
- Understanding the Application and Admissions Process
- Admissions Testing Questions
- Financial Aid Websites

Parenting/Adoption Resources

- Parenting Skills/Support
- Adoption Information
- List of Fertility Resources

Dedicated professionals are available to serve you. Call **800-968-8143** or, for more detailed information about your benefits — plus helpful articles, assessments, webinars, videos, etc. — visit www.FirstSunEAP.com.

Focus on life. Focus on health. *Stay focused.*



www.BlueChoiceSC.com

BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.