



# Bring Out the Best in Your Employees



You can help your employees be at their very best, both at work and in their personal lives, by providing our 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.

By offering members our EAP, you can help to reduce the number of days employees miss, help to increase productivity and bring out the best in your employees. These services are free to members and those in their households.

## Counseling Sessions

Your employees get three sessions accessible in face-to-face, telephonic, and messaging formats. These sessions are available for members and their family members during the contract year per person for individual, couples and family counseling. All counseling services are confidential in compliance with the law.

## Life Management Services

Three free life management services per person are available to members and their family members during the contract year for the following:

- Financial Consultations and Planning
- Legal Services and Documents
- Elder and Adult Care Resources
- Child Care Resources
- College and School Resources
- Parenting and Adoption Resources

# Employer Assistance

Not only do we assist employees, but we also help employers with:

## Training

- Online employee orientations and manager training
- Complimentary virtual and regional-based leader training
- Full array of fee-for-service employee, manager and organizational training

## Workplace Services

- Group leader consultation regarding policies and program planning
- HR/manager consultation regarding challenging workplace situations
- Assessment, case management, referral, and coordination of communications regarding employee performance or behavior affecting the workplace

## Account Support

- An account manager to help you align EAP services with your organization's initiatives
- Communication tools to help increase engagement

## Reporting

Annual reports to reveal user trends and possible workplace issues.

Dedicated professionals are available to serve you 24/7. Call 800-968-8143, or visit [www.FirstSunEAP.com](http://www.FirstSunEAP.com) for more detailed information and helpful articles, assessments, webinars, videos, etc. You can also contact your agent or BlueChoice® marketing representative.

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



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