



Healthy Employees. Healthy Companies.™



## Employee Assistance Program

FREE & CONFIDENTIAL SERVICES | 24/7 ACCESS

(800) 777-4114 or [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)

## The EAP Website



To access [webinars](#), [trainings](#),  
[tools](#), and [forms](#), visit  
the EAP website at:  
[www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)

In the box under the  
“Website Login” heading,  
enter username (all lower case):

**wcif**

(800) 777-4114



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



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## EAP Assistance Program

The Employee Assistance Program (EAP) provides you, your household members, and children up to age 26, coaching and problem solving services that are free, convenient, and confidential with a licensed behavioral health provider.

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

- Anxiety, Depression and Other
- 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
- Identity Theft
- Childcare and Eldercare
- 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 EAP. Be assured that information about you and your contact with the EAP is never released without your signed consent (except as required by law to ensure your or others' safety).



## Assessment & Referral

Through the EAP benefit, you can meet with a licensed behavioral health professional to discuss a variety of concerns, get assistance with stress management and problem solving, and utilize crisis support.

Simply call (800) 777-4114 to initiate services. Our customer service representatives will find an EAP 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. The provider will call you directly to make an appointment—usually 24-48 hours after you speak with EAP staff. And should you need immediate support, our licensed providers are here 24/7 for you, your household members, and your children up to age 26, *by phone for crisis management*.

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

To initiate Assessment & Referral Services, contact us at **(800) 777-4114** or online at **[www.FirstChoiceEAP.com](http://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 telephone 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.

### 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, and college planning.

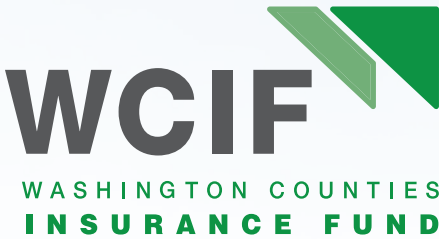
### Eldercare Services

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.

### Home Ownership Program

The Home Ownership program is a valuable tool to gain a competitive edge, and can save you thousands when buying, selling, or refinancing a home. Receive no-cost Home Ownership coaching with individualized strategies for success, plus access to a network of prescreened mortgage and real estate professionals.

Services sponsored by:




## Accessing EAP Resources

Your free and confidential EAP is always available to assist you in managing your life’s challenges and goals.


You can reach the EAP 24 hours a day, seven days a week, by phone or through the EAP website at **[www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)**.



**(800) 777-4114**



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



### EAP 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...        |

Employees, Household Members & Children to Age 26 are covered.