Employee Assistance Program

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 employee assistance program. First Sun services are free to you and your household members.

Counseling Sessions

You get three free face-to-face sessions for you and your family members per person per contract year for individual, couples and family counseling.

All counseling services are confidential in compliance with the law.

Counseling Services

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

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 24 hours a day, seven days a week. 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.***

BlueChoice® HealthPlan South Carolina

FIRST SUN EAP

www.BlueChoiceSC.com

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

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