

Employee Assistance Program



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 employee assistance program.

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 free face-to-face sessions 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:

- 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, we also help employers with:

Training

- Online employee orientations and manager training
- Free regional manager training and advisory conferences
- 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 impacting the workplace

Account Support

- Collaborate with an account manager to align EAP services with your organization's initiatives
- Receive communication tools to help increase engagement

Reporting

Semi-annual reports to reveal user trends and possible workplace issues.

Dedicated professionals are available to serve you 24 hours a day, seven days a week. Call [800-968-8143](tel:800-968-8143), or visit www.FirstSunEAP.com for more detailed information as well as helpful articles, assessments, webinars, videos, etc. You can also contact your agent or BlueChoice® Marketing Representative.

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



www.BlueChoiceSC.com

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