

# Support Optimal Living



**Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**

## Keep Your Health and Well-being in Balance

Your health and well-being are the foundations for living a happy and fulfilled life. Sustaining both is hard work but worth the effort. We have resources and materials to help you stay successful.

### We can provide referrals for:

- Specialty care
- Gyms and fitness centers
- Nutritionists
- Health coaches
- Support groups to help lose weight, manage stress or quit smoking
- Volunteer opportunities
- Emotional support animals

*First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.*

*All counseling services are confidential in compliance with the law.*

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee  
& Family

Member Services