

Life Management Services



FIRST SUN
EAP

We Help People **Be Better** at Work



**Be more successful
at home and work.**

**Call First Sun at
800-968-8143**

or visit

www.firstsuneap.com

Life Is a Balancing Act

Juggling has become the norm in our lives. With so many activities going on and all the responsibilities one holds, it's hard not to place them all as *the* number one priority. Let the trained network counselors at First Sun EAP help you establish a work-life balance that suits your lifestyle.

We can help with these topics

- Financial
- Legal
- Elder and Adult Care
- Child Care
- College
- Parenting and Adoption
- Home and Life
- Work and Career
- Health and Well-being
- Pet Care

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