



First Choice Health **Employee Assistance Program**

The City of Tacoma provides the Employee Assistance Program (EAP) free of charge (no co-pay, deductible, or premium). The EAP offers up to 3 **face-to-face visits** with a qualified clinical expert who can assess your concerns and develop a plan of action.

We want to be the first place you turn when facing issues that interfere with your health, well-being, and productivity at work or home. Our professional staff and rich provider network ensure the right resources are available when you need them most.

CONFIDENTIAL

available
24/7

FREE: Covers employees, spouses, domestic partners, and children up to age 26

contact us:
(800) 777-4114

 **Schedule an appointment**

Services:

Child Care and Elder Care Consultations: You will be connected with a specialist who can assist in arranging care or resources for your child or an older parent regardless of their location.

Legal Services: You can speak with an attorney for up to 30 minutes at no charge. Should you decide to retain the attorney, you will receive a 25% discount off the attorney's standard hourly fees (Work-related issues are not covered).

Financial Services: Speak to a financial professional by phone for up to 30 minutes at no charge. Issues include debt management, credit card education/consultation and budgeting advice (investment advice is not provided).

Counseling: Connect with a professional provider to help with a variety of issues such as: relationship and family issues, balancing the demands of work and home, and becoming more resilient.

ID Theft and Fraud Resolution: This benefit can help protect you from theft or fraud and offer assistance should you become a victim of a fraud-related crime.

Home Ownership Consultation: Save thousands if you are buying, selling, refinancing, or remodeling a home.



Online Tools & Resources

Login www.FirstChoiceEAP.com

 Username: cityoftacoma

First Choice Health™

Healthy Employees. Healthy Companies.™

Search our library for information and tools such as legal and financial information and forms, parenting solutions, discussion about family matters, daycare information, eldercare resources and much more.