



Enhanced EAP Counseling

Eliminate roadblocks to healthy and productive employees

Mental health is just as important as physical health. But many people don't know where to start when it comes to caring for their mental health needs. With First Stop Health's Enhanced Employee Assistance Program (EAP) Counseling solution, confidential consultations, coaching and referral services are just a phone call or few clicks away.

First Stop Health believes managing mental health is critical to positively influencing overall healthcare. As the First Stop for HealthSM for our members, we are committed to assisting employers with a combined TelemedicineSM and Enhanced EAP Counseling solution that improves the lives of employees and their families, while increasing access to care and improving productivity.

How it Works

Employees can schedule appointments over the phone or with our member dashboard. A national network of licensed counselors is available to assess and guide employees with the following issues:

- › Marital and Family Concerns
- › Alcohol and Drug Use
- › Stress Related Conditions
- › Depression
- › Anxiety Related Matters
- › Emotional Issues
- › Grief

Benefit Options

With Enhanced EAP Counseling from First Stop Health, employees get:

- › Unlimited phone sessions
- › Up to either three or six free in-person counseling sessions with a licensed counselor (number of sessions is based on plan purchased by employer)
- › 24/7/365 access to urgent care phone support
- › Scheduled consultations available Mon - Fri, 8 a.m. - 5 p.m. CST
- › Following free counseling, referral to in-person care from licensed counselors who, when possible, are in the member's healthcare plan
- › Access to 20,000 mental health resources, including videos, articles and calculators
- › Referral to community resources, including support group services

The goal of our Enhanced EAP Counseling benefit is to help employees achieve and maintain a healthy, productive state of mind. **Our integrated Telemedicine and Enhanced EAP Counseling delivery model is dedicated to helping our members receive quality, convenient, cost-effective care.**

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