



COUNSELING SESSIONS: THREE LIFE MANAGEMENT SERVICES: UNLIMITED

Make a positive change in your personal or professional life with the HealthySpark well-being program. It offers you easy access to services and resources to help you lead a better life. A confidential call connects you to an intake specialist who will get you to the right resources. Start using your services today!

To use your HealthySpark Services call 800-968-8143 and speak confidentially with a First Sun intake specialist.

 Counseling Sessions
 Life Management Services

Counseling

Receive counseling sessions that fit your lifestyle via in-person, video, telephonic, chat or messaging for issues like:

- Grief and loss
- Stress management
- Substance misuse
- Relationship conflict
- Anxiety
- Depression
- Personal growth
- Trauma
- Anger management
- Spiritual matters
- Workplace concerns
- Work-life balance
- Behavioral change
- Professional growth

Elder & Adult

Receive resources and referrals for the elderly, disabled adults and their caregivers during your consultation with our specialists. They help with:

- Adult day care and in-home care
- Geriatric care managers
- Senior housing and nursing homes
- Community resources and meal programs
- Hospice and rehab centers
- Respite care and caregiver support resources

Financial

Financial coaches assist with planning for:

- Retirement
- Reorganizing the family budget
- Managing a financial crisis

Legal

Our website holds a wealth of personal and legal documents, and legal information. You may also call for a free legal consultation. All legal services are provided by licensed attorneys. Some popular topics are:

- Criminal
- Domestic/Family
- Legal documents
- Estate planning
- Real estate
- Civil/Consumer

Child & Family

Consultants advise on how to select child care resources and address needs for:

- Child care centers
- Summer camps
- Disability resources
- Family day care centers
- After-school care
- In-home care
- Nanny agencies
- Disability care

Adoption

Specialists provide referrals to:

- Adoption agencies
- Attorneys
- Support groups

Education

Consults are available for students and working adults who desire assistance with continuing education. They identify referrals for:

- Financial aid and scholarships
- Tutors and test preparation courses
- Continuing education
- School/College selection
- Testing for adults with learning/developmental disabilities

Pets

Consultants offer comprehensive referral services to assist with:

- Emergency care
- Groomers
- Training
- Veterinary selection
- Walkers
- Pet sitting
- Boarding
- Obedience programs

HealthySpark



WELL-BEING CENTER

UNLIMITED ACCESS

Be empowered! Our Well-being Center holds more than 20,000 resources on the topics featured below. It contains articles, quizzes, calculators, videos and more to help you live your best life. And be inspired by our monthly webinars. Held by subject matter experts, they highlight issues you face in everyday life. Log on to start using these online resources!

To access the Well-being Center visit
www.firstsuneap-healthyspark.com
Company Name: Companion Life



HealthySpark is administered by First Sun EAP Alliance, Inc. First Sun helps people find success personally and professionally through its award-winning employee assistance program and its leadership training and development.

Emotional Well-being

Mental and physical health issues are equally important to your overall well-being. We offer resources and information on all major health topics:

- Addiction
- Anxiety
- Depression
- Eating disorders
- Grief and loss
- Autism
- Managing stress
- Violence and abuse

Financial

Financial stability can be a difficult goal to achieve. Let our calculators, forms and other essential information help you become financially resilient:

- Budgeting
- Insurance
- Estate planning
- Credit repair
- Debt and bankruptcy
- Tax laws
- Home buying
- Social security

Health

Whether you're concerned about a disease or condition, or just interested in a new fitness routine or healthy recipe, our tools and information will help you start your journey:

- Fitness
- Arthritis
- Skin health
- Sleep disorders
- Nutrition
- Cancer prevention
- Weight-loss strategies
- Smoking

Relationships

Relationships are an integral part of life and require time and energy to maintain. Let our resources help you develop and further strengthen the relationships with those in your life:

- Coworkers
- Family activities
- Parenting
- Self esteem
- Caregiver support
- Communication
- Partners/Marriage
- Confidence

Legal

Legal troubles like traffic tickets and divorce can affect every aspect of your work and home life. We have the tools to help you with:

- Consumer law
- Real estate
- Criminal law
- Retirement
- Wills and estates
- Divorce and child care
- Neighbors and pets
- Debt and bankruptcy

Personal Growth

Improving your personal and professional skills will help you be more successful at work and home. Check out the videos, courses and article on:

- Leadership
- Human resources
- Team building
- Performance management
- Supervision
- Communication
- Staying positive
- Managing work and family