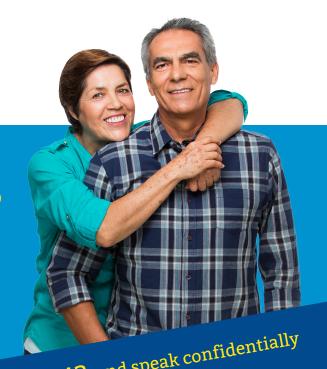
Healthy

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.



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

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 Anger management
- Substance misuse
- Anxiety
- Depression
- Personal growth
- Trauma
- Spiritual matters
- Relationship conflict 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
- Estate planning
- Domestic/Family
- Real estate
- Legal documents
- Civil/Consumer

Child & Family

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

- Child care centers
- After-school care
- Summer camps
- In-home care
- Disability resources
- Nanny agencies
- Family day care centers
- 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
- Walkers • Pet sitting
- Training
- Boarding
- Veterinary selection
- Obedience
- programs

Healthy

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!

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.

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

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
- Grief and loss
- Anxiety
- Autism
- Depression
- Managing stress
- Eating disorders

• 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
- Debt and bankruptcy
- Insurance
- Tax laws • Estate planning • Home buying
- Credit repair
- 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 vour journey:

- Fitness
- Nutrition
- Arthritis
- Cancer prevention
- Skin health
- Weight-loss strategies
- Sleep disorders
- 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
- Caregiver support
- Family activities
- Communication
- Parenting
- Partners/Marriage
- Self esteem
- 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
- Supervision
- Human resources • Team building
- Communication • Staying positive
- Performance management
- Managing work and family