First Choice Health

# FIRST CHOICE HEALTH EAP | Life Navigator Services

Personalized WorkLife assistance & resources for **every stage of life**

**Life can be complex.** Your FCH EAP Life Navigator team provides you with personalized consultation and referrals to help you balance work and home.

## CHILDCARE & FAMILY

- Childcare centers & Family Day Care
- Nanny agencies & in-home care
- After-school, drop-in & summer camps
- Special needs family support

## ADOPTION SUPPORT

- Adoption specialist consultations
- Referrals to adoption agencies
- Legal & attorney connections
- Adoption support groups

## ELDERCARE RESOURCES

- Senior housing & nursing homes
- Adult day care & companion services
- Respite care & caregiver support
- Medicare, Medicaid & legal specialists

## DAILY LIVING RESOURCES

- Home maintenance & contractor search
- Transportation & relocation planning
- Dining, groceries & meal delivery
- Travel, wedding & event planning

## EDUCATION REFERRALS

- Academic tutors & test prep
- Public, private & trade schools
- College & university selection
- Financial aid & scholarship guidance

## COMMUNITY RESOURCES

- Rent & utility financial assistance
- Food pantries & meal programs
- Temporary housing & shelter support
- Natural disaster & emergency relief

## SPECIAL NEEDS SUPPORT

- ADHD, ADD & Autism support
- Learning disability resources
- Parent support networks
- Free Special Needs Consultant calls

## PET CARE REFERRALS

- Vets & pet health specialists
- Dog walkers, sitters & groomers
- Kennels & boarding facilities
- Training & pet-friendly travel

## HEALTH & WELLNESS

- Gyms, fitness & nutritionists
- Health coaches & wellness plans
- Weight, stress & smoking support
- Chronic condition support & ESAs

**100% CONFIDENTIAL & FREE · Connect with us for a referral: 800-777-4114 | FirstChoiceEAP.com**