



Alaska Electrical Trust Funds

PENSION FUND – HEALTH AND WELFARE FUND – LEGAL FUND
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January 2021

Re: Alaska Electrical Legal Fund
Employee Assistance Program (EAP)

Dear Participant:

On **July 1, 2020**, the Alaska Electrical Legal Fund partnered with First Choice Health (www.FirstChoiceEAP.com) to provide you a new employee assistance program (EAP).

The First Choice EAP services include support for:

- Anxiety and Depression
- Couples/Relationship/Parenting
- Crisis Support
- Alcohol/Drug Problems
- Grief and Loss
- Work Conflict
- Compulsive Behaviors
- Domestic Violence
- Legal and Financial
- Childcare and Eldercare
- Home Ownership
- ID Theft
- Healthy Living Tips

The EAP offers up to 5 sessions face-to-face or telehealth (no co-pay, deductible, or premium) with a qualified clinical expert who can assess your concerns or develop a plan of action. These services are free, confidential, and available 24/7.

The attached flyer explains the benefits available under this new EAP.

Contact First Choice Health to take full advantage of these employee assistance services. If you have any questions, please contact the Administrative Office. Thank you.

Sincerely

A handwritten signature in blue ink that reads "Gregory R. Stokes".

Gregory R. Stokes
Administrator

GRS:lm
Enclosure



EAP

24/7 TELEHEALTH

Convenient, private virtual therapy. Anytime, anywhere.

Talk with a licensed, professional therapist online to get advice, guidance, and counseling for depression, anxiety, relationships, self-esteem, stress, grief, eating disorders, and more.

It's professional.

FCH Employee Assistance Program (EAP) uses the BetterHelp platform to connect with a global behavioral health network supporting multiple languages. All counselors are licensed, accredited professionals. You connect with them in a safe and private online environment where anything you share is completely confidential.

It's convenient.

Help is available on your own time, at your own pace, and wherever it's most convenient. Communicate with your therapist as often as you want and whenever you feel it's needed. Connect via **text, email, phone, or secure video.**

It's free to get started.

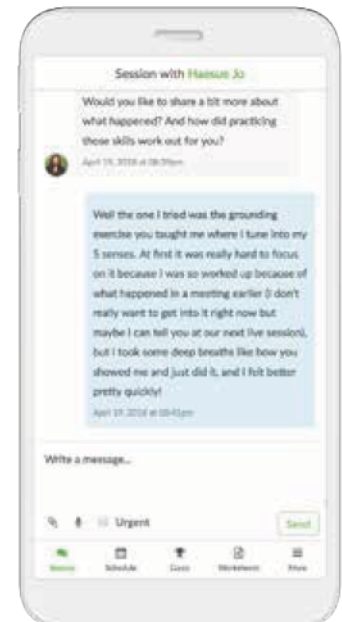
Start for free so you can feel confident this is the **right choice for you.** After your employer-covered sessions are complete, you may continue unlimited sessions with your counselor for a low cost flat fee.

How It Works:

1. Call us at (800) 777-4114 or go online to www.firstchoiceEAP.com to request services.
2. FCH EAP provides your unique registration access to the BetterHelp platform.
3. Complete a brief matching questionnaire.
4. Match with a counselor and get started (may take up to 24 hours to receive match).



NOTE: Crisis situations are not a good fit for this platform. Call (800) 777-4114 for immediate assistance.



Ready to start? Call (800) 777-4114 or request a referral online at www.firstchoiceEAP.com.

 **First Choice Health.**

 **betterhelp**



Employee Assistance Program

WELLNESS & SUPPORT

Guide to Your EAP Program

Who is covered by the EAP?

You, your spouse/domestic partner and your children up to age 26 are covered by our EAP services. Your EAP services are at no cost and are strictly confidential.

How do my family members or I request EAP services?

You can request services in two ways. Call us at **1-800-777-4114** or go to the EAP website at www.firstchoiceEAP.com. There is a link to "Request a Referral." Complete the questions and it will be forwarded to EAP staff member who will process your request. Please let the EAP know if you have any special preferences in the type of provider you would like to see.

For your covered family members to access EAP services, they only need to tell us the name of the organization where their family member is employed and we will serve them. They do not have to tell us the name of the employee and we do not ask. Their EAP services are also strictly confidential.

What services are available from the EAP?

In addition to counseling services, the EAP provides legal and financial consultations, ID theft and fraud support, childcare and eldercare consultations, and home ownership assistance. Details of these programs can be found in your EAP brochure and plan summary.

How do we get connected to a EAP provider?

After you reach out with your preferences, our customer service team will work hard to match you with the provider that best meets your needs. Once matched, the provider will contact you directly to schedule your appointment.

If for any reason you are dissatisfied with your EAP provider, please let us know after your first session and we will re-refer you to a different EAP provider. This will not count against your sessions.

Do I have to see the EAP provider face-to-face?

You can see your EAP provider either face-to-face or virtually. Your first face-to-face or virtual counseling sessions are provided no cost.

Virtual counseling sessions can be used in four ways (unscheduled chat, live chat, phone call, or video), using different methods at different times to communicate with your therapist, based on your needs, availability, and convenience.

Missed appointments or late cancellations will count as service usage.

What if I want to talk with someone immediately?

Immediate in-the-moment telephonic support with a counselor is available 24/7. All you need to do is request to talk with a counselor when you call. Accessing this telephonic support does not apply toward your free EAP sessions and is also 100% confidential.

Ready to start? Call (800) 777-4114 or request a referral online at www.firstchoiceEAP.com.

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(800) 777-4114



www.FirstChoiceEAP.com

Your EAP service is free, confidential and available 24/7 to help you balance your work, family, and personal life.