

A panoramic view of the Seattle skyline at sunset, with the Space Needle as the central focus. The sky is a mix of blue and orange, and the city buildings are silhouetted against the light. In the foreground, there are green trees and a building with a grey roof.

Employee Assistance Program - Washington State Dental Association Orientation

April 2026

First Choice Health EAP

From everyday issues to occasional curveballs, we're here to help on your toughest days.

Support for Members

Concierge Counseling Referrals- 3 sessions per issue per year

- In Person
- Video
- Phone
- Live Chat
- Messaging



A close-up photograph of a brass padlock with a silver metal shackle, resting on a laptop keyboard. The keyboard keys are visible in the foreground and background, creating a sense of depth. The background is a soft, out-of-focus light blue and white gradient.

Confidentiality

First Choice Health EAP services are free and confidential.

For your safety, there are some exceptions to confidentiality:

- Intent to harm self/others
- Child abuse
- Elder abuse

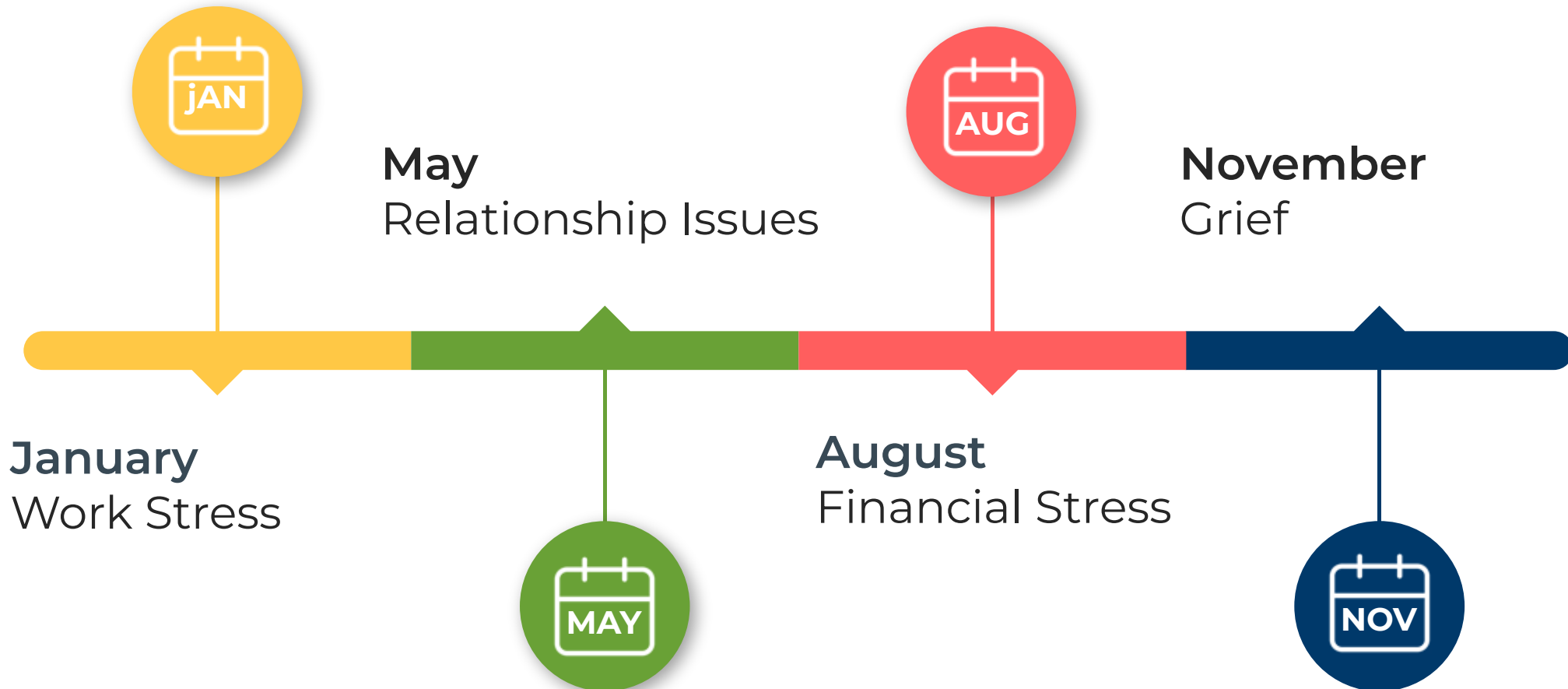
WSDA is provided aggregate data only, no names of those who utilize EAP.

Who Is eligible?

- Members
- Your spouse or domestic partner
- Your children up to age 26
- Anyone 18 or older needs to request their own services

When to call the EAP

You are eligible once per issue, per rolling year.



Accessing Services



REACH OUT

Confidential
Available 24/7
1-800-777-4114
FirstChoiceEAP.com



WE LISTEN

We'll ask about your concerns and preferences to match you with the best available resource.

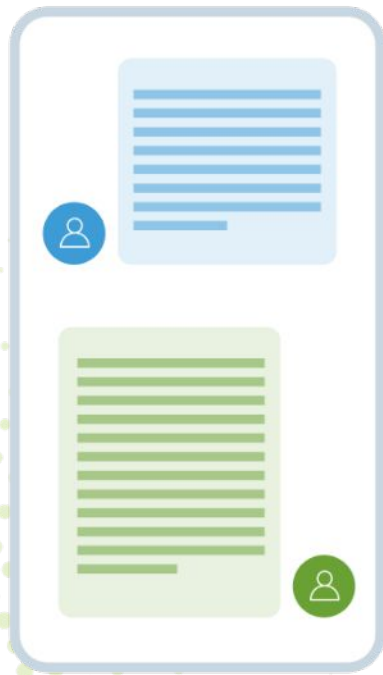


ONE CALL MATCH

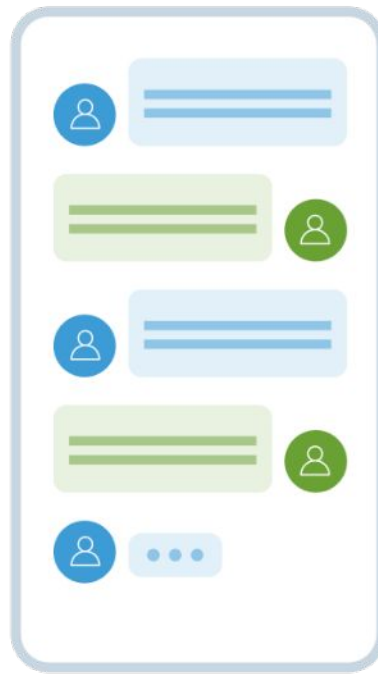
Make only one call to the EAP. A provider will call you to schedule shortly.

Telehealth

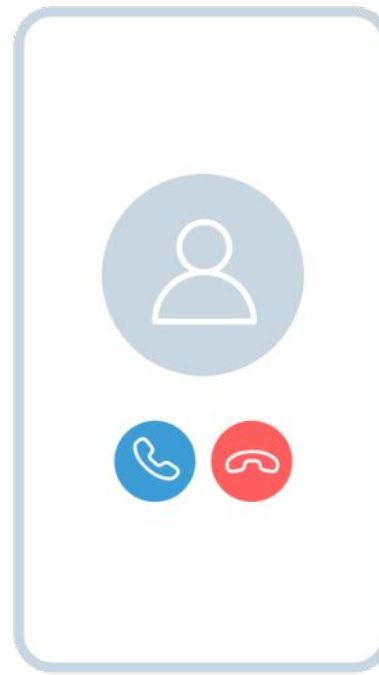
- Convenient, private virtual sessions (text, email, phone, or secure video)
- Adults, Couples, Teens (13-17) are eligible



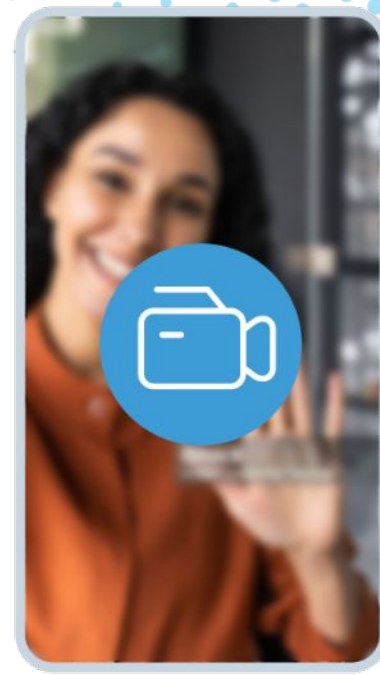
Messaging



Live chat



Live phone



Live video

Talkspace

How does it work?

- You can self-refer through our direct **Talkspace** link:
www.talkspace.com/FirstChoiceHealthEAP
OR You can call First Choice Health EAP or request a referral online. We will provide a registration link to **Talkspace**.
- Complete a brief matching questionnaire.
- You will be assigned a provider within about 48 hours

SCAN ME!





How does it work?

Expert, Evidence-Based Grief and Mental Health Support via Text FREE for One Year

- Grieving the death of a loved one
- Grieving the loss of a pregnancy
- Grieving the loss of a pet
- Caring for someone with a terminal diagnosis
- Looking for support for health and wellbeing
- A healthcare worker facing burnout and fatigue
- helptexts.com/fchn

SCAN ME!



Legal services

- Free 30 minute consultation per issue, per year
- 25% off attorney fees if retained
- **Topics include:**

Will Preparation and Estate Planning

Domestic/Family Concerns

Landlord/Tenant

Motor Vehicle

Criminal

Exclusions: Workplace issues



Financial resources

- Free 30 minute coaching for education, guidance and counseling per issue, per year
- **Topics include:**
 - Budgeting Techniques
 - College Funding
 - Credit after Bankruptcy
 - Retirement Planning
 - Debt Counseling
 - Student Loans



ID Theft

- 60 minute coaching session per issue, per year
- **Support includes:**
 - Fraud Resolution Counseling
 - Deterrence Education
 - Assistance with third party notification
 - Assistance with affidavits and fraudulent account summaries



Childcare resources

- Experienced professional staff provides referrals and resources
- **Referrals include:**
 - Childcare Centers and Daycare
 - Nanny Agencies
 - Before and After-School Care
 - Schools (Private, Public, and Boarding)
 - State Subsidy Programs
 - Special Needs
 - College Planning, Scholarships, Test Prep, and More



Eldercare services

- Experienced professional staff provides referrals and resources
- These services are available for nation-wide support.

- **Referrals include:**

In-home Care, Back-up Care, and Personal Care

Assisted Living, Retirement Communities, Nursing Homes

Financial and Legal Options

Transportation and Meal Programs

Long-term Care Insurance



Home ownership program

- This program helps members buy, sell, or refinance a home and provide significant discounts
- Available to first time, repeat, or investment home buyers and sellers
- **Support includes:**
 - Finding a Realtor or Lender
 - \$1,000 Lender Credit Towards Closing Costs
 - Year-End Mortgage Review
 - Down payment assistance and grant programs
 - Discounts on real estate commissions; buying and selling



EAP's benefit hub

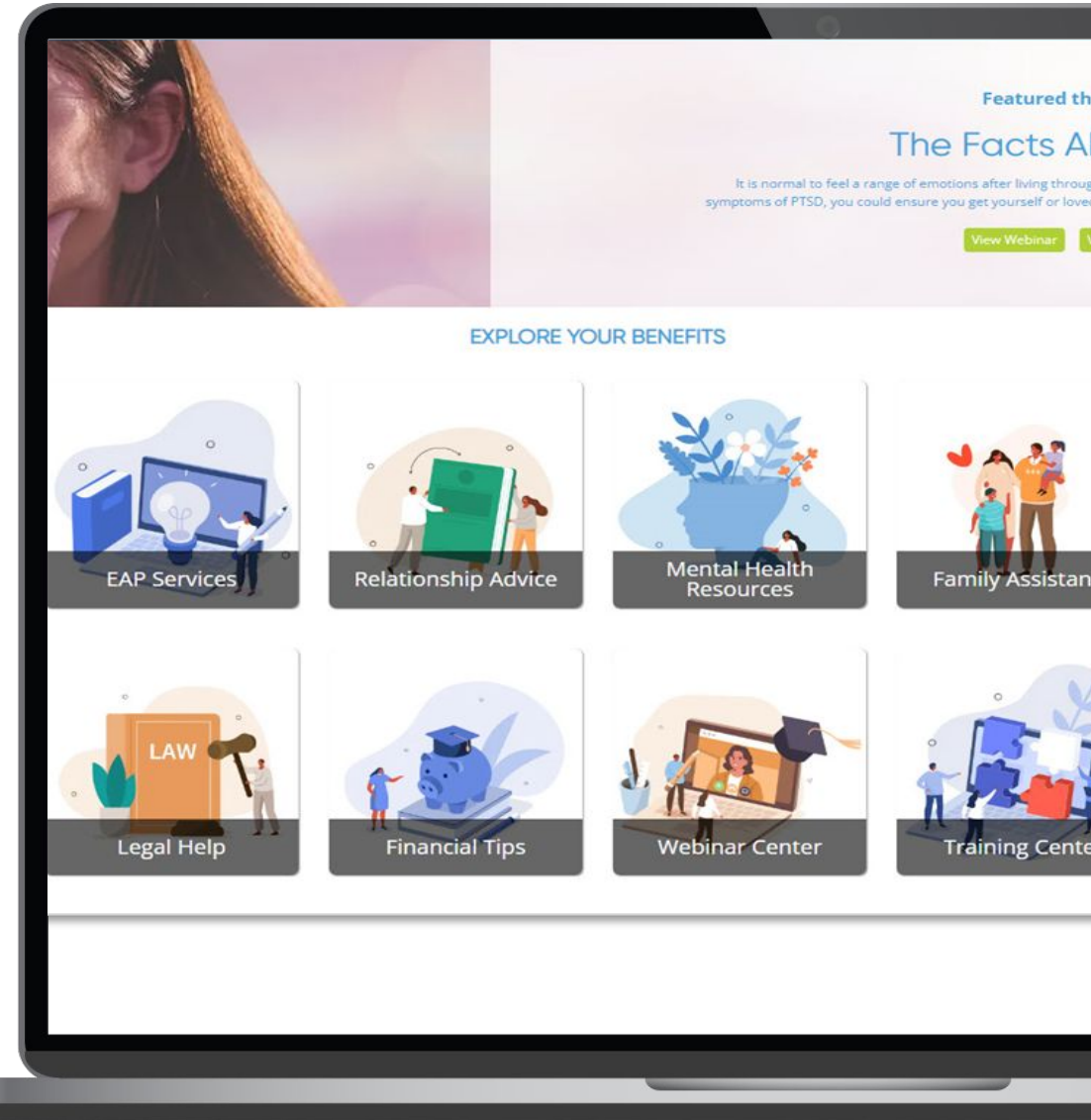
- Exclusive access to amazing discounts and cash back offers on thousands of brands
- Average user can save \$4,900 per year (based on normal household expenditure)
- [FirstChoiceEap.Benefithub.com](https://www.FirstChoiceEap.Benefithub.com)
Enter and confirm email address at "Create Account" Complete registration
- Travel, tickets, auto, electronics, apparel, food, and MORE!

Online services & education

- Request appointments
- Unlimited online trainings
- Monthly newsletters
- Webinars
- Health assessments
- EAP employee/supervisor orientation
- Content in english and spanish

www.FirstChoiceEAP.com

Login: wsda



THANK YOU

First Choice Health EAP
is available 24/7 at
1-800-777-4114

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