



The First Sun EAP
Premium Website

WELLNESS & TRAINING
RESOURCES FOR

PERSONAL  **PROFESSIONAL GROWTH**



Beneficial to leadership, employees and their families
seeking to build resilience in all areas of their lives.



FIRST SUN
EAP

We Help People **Be Better** at Work

The Rising Need for Work-life Balance

In today's busy world, we wear many hats. We have more responsibility at work and at home and less time to spare. The First Sun EAP Premium Website makes it easier for employees at all levels to achieve resilience. It is an educational and interactive resource filled with wellness and training resources your employees can count on to help maintain work-life balance.

The First Sun EAP Premium Website provides assistance across the entire organization.

EMPLOYEE	HUMAN RESOURCES PROFESSIONAL (HR)	ORGANIZATION
<p>The website is a self-guided help tool equipped with articles, assessments, courses, calculators and videos to help with life's challenges.</p> <ul style="list-style-type: none"> • Trusted source with real-world content employees can turn to • Available 24/7/365 • Helpful information on personal issues • Interactive resilience tools • Customizable experience • Personal and professional growth 	<p>As a self-run online resource, the Premium Website can address some of the employee's stress-inducing circumstances to give HR the flexibility to focus on other goals. HR are free to download reliable, education-based information for the organization's needs.</p> <ul style="list-style-type: none"> • Frees up valuable HR time • Comfortably refer employees to the website for help • World-renowned educational resources to support training 	<p>The website can be easily integrated with other wellness initiatives and contains fresh, informative content the entire organization can count on.</p> <ul style="list-style-type: none"> • Trouble-free tool • Provides professional growth for all levels • Low-maintenance implementation • Monthly newsletter • Monthly webinars • Low-cost with high benefits

The Impact of an On-the-go Society

1 in 3 full-time employees in some of the world's largest economies say maintaining a healthy work-life balance has become more difficult in the last five years. *(Ernst & Young)*

88% of employees say they have a hard time juggling work and life. *(Aon Consulting)*

57% of employees with high levels of stress report they are also disengaged at work. *(Towers Watson)*

1/3 of Americans work 10 hours a day or longer, and one in five spend another 10 hours per week working from home. *(National Sleep Foundation)*

60% of households with children report all adults are working. *(U.S. Council of Economic Advisers)*

Almost **2/3** of people providing unpaid elder care have jobs, with about half of caregivers working full-time in addition to their caregiving duties. *(U.S. Council of Economic Advisers)*



The Premium Website

The First Sun EAP Premium Wellness and Training Resources contain over twenty thousand pieces of content in every major life category.

The content is generated from world-renowned publishers in the areas of:



Emotional Well-being

Covers major mental health topics

- 1,000s of articles
- Screenings
- Assessments
- Approximately 1,000 helpful videos
- Sample topics: addiction, anxiety, autism, grief & loss, eating disorders, violence & abuse and depression



Relationships

Topics range from parenting tips to emotional development

- 1,000s of articles
- Addresses relationships with coworkers, parents, children and partners
- Sample topics: self-esteem & confidence, caregiver support, partners/marriage, emotional development, family activities & goals and parenting



Health + Wellness

A health module with tools and information for everyone

- Over 2,000 Harvard Medical reviewed and written articles
- Over 700 videos
- Over a dozen assessments
- Sample topics: alcohol, fitness, nutrition, dieting, sleep disorders, diabetes and weight loss strategies



LOOK FOR THE LOG IN BUTTON OUR HOME PAGE

Login for Premium Wellness and Training Resources

Financial

A module to help guide users to financial success

- Over 1,000 articles
- 140 calculators
- 95 commonly used Federal tax forms
- Thousands of state-specific forms
- Sample topics: insurance, estate planning, credit repair, retirement planning, home buying and budgeting



Legal

Covers consumer and business issues

- Over 1,000 articles
- Over 100 common legal forms
- Lawyer search tool
- Sample topics: personal injury, divorce, child care, wills & estates, real estate, criminal law, consumer law and retirement



Personal Growth

Develops skills to become successful personally and professionally

- Hundreds of articles
- Work-related information for the modern employee
- Over 60 interactive “soft skills” training courses
- Sample topics: performance management, supervision, leadership, managing work & family and team building

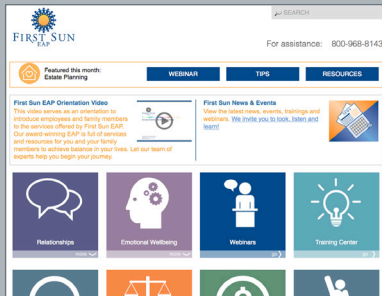




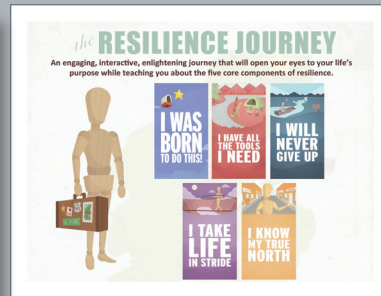
Additional Tools

The tools on the Premium Website guide a user's personal development while acting as a resource to serve their daily needs.

EASY-TO-FIND WELLNESS & TRAINING RESOURCES



BEGIN YOUR RESILIENCE JOURNEY



MONTHLY NEWSLETTER AND WEBINARS



FRESH CONTENT

Homepage

- Features the most popular videos, assessments, articles and more
- Featured content changes daily
- Users can rate content to shape the experience for everyone
- Stress tip of the day
- Weekly Poll
- New recipe every month

CUSTOMIZABLE FEATURES

My Advantage

A customized section where users add their favorites

- Add videos, articles and other information related to the users' life challenges
- Automatically save coursework and assessments

Resilience Program

Free interactive app and content library teaching users the five core components of resilience

- Clinically validated
- Resilience scale
- Self-paced experience
- 40 interactive exercises
- Ancillary material from the Resilience Center can be combined with or adapted to your organization's wellness initiatives

MONTHLY OFFERINGS

Balanced Living Newsletter

- Monthly issues
- A timely main article plus supporting articles
- Link to upcoming webinars
- Emailed to your main contact for distribution
- Available as a PDF

Webinars

- Live and archived versions
- Topics cover professional and personal growth, and life management
- 45 minute presentation
- Presented by a subject matter expert
- Live Q+A



The First Sun EAP Premium Website

Building resilience where you live, work and play.

- ✓ Trending topics in life's most challenging areas
- ✓ Over 20,000 interactive tools and resources
- ✓ A trusted resource for managers and Human Resources professionals
- ✓ Content written by world-renowned sources
- ✓ Providing personal and professional growth
- ✓ Building resilience and work-life balance
- ✓ Self-sufficient and customizable program
- ✓ Monthly distribution of newsletters and webinars
- ✓ Continually adding fresh and relevant content

Get started today.



LOG ON AND EXPLORE!

1. Visit our home page at www.firstsuneap.com
2. Select the Premium Wellness & Training Resources Log in
3. Start exploring!

Spread the word about the First Sun EAP Premium Website so your employees can enhance their health and well-being.

