



Promoting Healthy Workplaces

[firstcallep.org](http://firstcallep.org)  
800.382.2377



### Counseling Services

- 5 free short-term counseling sessions with a licensed counselor, near your work or home
- Coverage for household members and dependents
- 24-hour live telephone coverage
- Referrals to specialists, treatment programs, support groups, community resources
- Bryn Mawr and Center City FIRSTCALL locations
- Comprehensive website with a wealth of materials to assist you with everyday stressors



### Legal & Financial Services

- Free 30-minute consultations with an attorney or financial counselor
- Attorney fees discounted 25% for more extensive legal needs
- Simple wills drawn up free of charge
- Free review of up to 6 pages of legal documents
- Financial counselor fees discounted rates of 15% if needed for additional retainer
- Employee parents and parents-in-laws are eligible
- Online legal library



### WorkLife Services

- Childcare and eldercare consultation and searches
- Monthly webinars
- Consultation on adoption, college, travel, petcare, relocation, etc.
- Self-Assessment tools and eLearning
- Live chat to a WorkLife Specialist

Go to [www.firstcallep.org](http://www.firstcallep.org) and click on the briefcase that says "Member Portal" Login: **mlh** Password **firstcall**



### Healthcare Advocacy

- Consultation on healthcare matters
- Insurance claims questions or concerns
- Locating healthcare professionals
- Research on treatments
- Transfer of medical records
- Prescriptions options
- Centers of excellence