

EMPLOYEE ASSISTANCE BENEFITS FACT SHEET

QUICK ACCESS INFORMATION

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All contact with UFirst and the Health Benefits Navigator is strictly confidential.

What is UFirst?

UFirst is new way to assist employees.

We provide employees with proactive, personalized care by a Health Benefits Navigator.

Health Benefits Navigator

Our Health Benefits Navigator is a registered nurse who is trained to listen, advise, triage, and find you the best solution for your current situation using the following steps:

1.

Benefits Plan

Advise on appropriate support based on your current benefits plan

2.

Resources

Reviewing and utilizing all available resources

3.

Free Tools

Exploring solutions available depending on your need

NOT SURE HOW TO USE UFIRST?

Feel free to reach out to us about any challenge, but if you're unsure here are some examples of where we can help:

- MENTAL HEALTH
- BURNOUT
- SUBSTANCE ABUSE
- CONFLICT
- CULTURAL SENSITIVE COUNSELLING
- LEGAL
- HEALTH
- GRIEFING
- STRESS MANAGEMENT
- FINANCIAL STRAIN
- FAMILY