

## Website Access for 1<sup>st</sup> Responder Resources

1. Go to [www.connectionseap.com](http://www.connectionseap.com)
2. You can change the language from English to Spanish (vice versa) in the upper left of the webpage.
3. Log in with your 1<sup>st</sup> responder username (found on the 1<sup>st</sup> responder wallet card)
  - a. Username: **sdmlemp**
  - b. Password: **eap**
4. Once logged in, feel free to browse the drop-down menus in the task bar.
5. To access the Work Life Services site, hover over the Resources tab and click on Work/Life Services.
  - a. This site contains a library of information on a variety of topics. In the top right hand of the home page is a search box, enter a topic and you will get a list of related articles, webinars, and resources.

## Services Include:

- ✓ Coverage for 1<sup>st</sup> Responder, Spouse, and Dependents
- ✓ 24/7 Phone Access – Toll-Free Hotline
- ✓ Local Credentialed Counseling Professionals – Nationwide Network
- ✓ Local Credentialed Addiction Counselors
- ✓ Web-based Marriage/Relationship Enrichment Resources
- ✓ Access to Attorneys for Legal Help
- ✓ Consumer Credit Counseling
- ✓ Family Budget Planning
- ✓ Adoption Information and Support Services
- ✓ Webinars & Additional Work-life Information
- ✓ ...AND MORE!



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