



EFR EMPLOYEE & FAMILY RESOURCES

Directions to EFR- Downtown office

Directions

You can find us on [Google Maps](#). We are located at the corner of Fifth and Grand, inside the building with the red Traveler's Insurance umbrella on top- just across the street, east of the YMCA. Our address is 505 Fifth Avenue, Suite 600, Des Moines, IA 50309.

Parking

EFR clients and visitors may park in the garage located on 5th Avenue between Locust and Grand. Look for one of two entrances marked with large red "PARK" signs: 501 Locust or 404 5th Avenue.

After parking, scan one of the QR codes posted in the garage using your phone. If you are unable to scan it, our front desk can help- just make sure you know your license plate number.

Metered parking is also available on 5th Avenue, but is not permitted during rush hour or special events.

Note: EFR can only validate or pay for parking at the garage located on 5th Avenue and Locust. We are unable to pay for metered parking or parking at any other garage.

Getting to Our Office

From the parking garage: Take the elevator or stairs to the level labeled "SK" to reach the skywalk. Head north, following the signs to the YMCA, then continue toward the Insurance Exchange Building. Our elevator hallway is near Ferg's, by Lucy's Barbershop.

From the street level: Enter through the two revolving doors facing 5th Avenue.

From either entry point: Take the elevator to the 6th floor and exit to the right-you will see the EFR office.

Once you're in our waiting area, if you are parked in our garage, scan the QR code posted there. This lets the garage know you're an EFR client, so we can cover your parking. The front desk can help if you're unable to scan.

We look forward to seeing you!

Thank you,
Employee & Family Resources

