



Problems are part of life

We all face problems from time to time. Usually, we can handle them ourselves without the help of outside resources.

But sometimes it makes more sense to *reach out* for help. That is why your Union provides you and your family with a *confidential* Member Assistance Program, a benefit that provides *resources* and solutions for the problems you encounter. Just as health insurance is designed to address your physical health, your MAP *benefit* is designed to assist your emotional and mental well-being. And because your Union has covered the entire cost of services, there is *no cost* to you.

Getting the help you need

Call anytime for confidential assistance. To reach a counselor for any of your needs, call toll free:

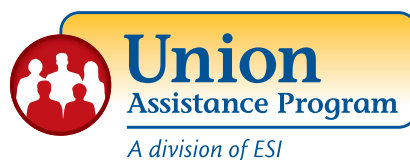
1-800-252-4555 or

1-800-225-2527

or log on to

www.UnionAP.com

- **Counseling Benefits**
Help with personal issues from relationships to stress and substance abuse.
- **Work/Life Benefits**
Assistance for other personal, financial and legal issues.
- **Information Resource Benefits**
Access a vast collection of self-help tools and articles.
- **Lifestyle Benefits**
Discounts and savings plans to help with fitness, smoking cessation, and retirement and college planning.
- **Smoking Cessation Coaching**
Access a Coach for a tailored plan to quit.
- **Wellness Benefits**
Information and resources to improve your overall wellness.



Introducing Union Assistance Program



How does Union Assistance work?

Getting the help you need is simple. You can call 24 hours a day, 7 days a week to reach a professional counselor at one of our toll free numbers: **1-800-252-4555** or **1-800-225-2527**. Or log on to the Web at: www.UnionAP.com to access other benefits.

More benefits for you

Union Assistance Program provides access to hundreds of problem solving solutions. Nearly 99% of those who use the program are satisfied with the experience.



Counseling Benefits

Many complex issues are best resolved with counseling assistance from a behavioral health professional. You will want to consider calling for help if you encounter problems such as:

- Alcohol and substance abuse
- Relationship and family issues
- Depression, stress, or anxiety
- Grief or loss of a loved one
- Eating disorders

When you call, you connect immediately with a counselor. Each of our experienced counselors has a Masters or Ph.D. level of training. Should you need to be referred to a local counselor for personal visits, we have more than 25,000 providers available to ensure that you will have a counselor near your home or workplace.



Work/Life Benefits

Assistance for other personal, family, financial, and legal issues is available. We offer a broad range of solutions for your everyday work/life problems. These may include:

- Debt restructuring
- Legal problems not related to employment
- Childcare or eldercare
- Financial information
- Real estate and tenant/landlord concerns
- Interpersonal skills with family and co-workers

We have thousands of financial, legal and debt counseling professionals located across the U.S. and Canada to serve your needs.

Information Resource Benefits

Sometimes the best solution to a problem comes from finding the right information. That's why we have created Information Resources – a vast collection of thousands of self-help tools and informative articles that covers virtually every problem you might face. You can call or log on to the website to access these benefits.

Some of the resources available include:

- **Behavioral Health** - Information covering everything from alcohol abuse to personal stress
- **Financial** - Articles, tools and information to help with virtually every financial question
- **Legal Information** - Topics ranging from adoption to wills

Lifestyle Benefits

Your Lifestyle Benefits include discounts and savings plans to help you enhance your quality of life. Call or check the website for special nutrition planning, fitness, smoking cessation, weight loss, and retirement/college planning benefits.

Smoking Cessation Coaching

You can call a Certified Tobacco Cessation Coach who will help you create a Quit Smoking Plan tailored to meet your specific circumstances and lifestyle.

Wellness Benefits

The Wellness Benefit allows you to access information and resources to improve you and your family's overall wellness including stress reduction, fitness and diet.



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