




Your well-being
is important
We're here to help

The USW Local 286 Health & Welfare Fund has partnered with Health Advocate to offer you personalized support to find balance and gain control during life's challenges, all at no cost to you! **This guide contains an overview of the many ways we can help.**



HealthAdvocateSM



Life has its challenges... we're here to help

Your Member Assistance Program (MAP) offers confidential support from MAP Professionals, who can help you work through personal, family or work issues to feel more balanced and productive. Support is available **via phone, text, chat, video or face-to-face.**

We'll help you:



Identify **emotional and mental health issues** and **strategies to cope**



Build skills to address a variety of **emotional well-being** needs



Locate the right support resources such as **childcare, eldercare and more**



Connect with specialists for help with **work/life balance, legal and financial issues**



Access more **long-term help** from a qualified professional, if needed



Research travel, plan events, make reservations and handle other time-consuming tasks through our concierge service

Connect with us no matter where you are



Visit our website or app to learn more about your Health Advocate services. Plus...



Compassionate support over the **phone** when you need it most



Participate in **virtual counseling** through phone, text, chat or video



Work with a counselor in **face-to-face sessions**



Explore **webinars, online courses and articles** on a variety of well-being topics



Visit the **Personalized Legal Center, Financial Fitness Center** and **Mindfulness** page



Access a **digital cognitive behavioral therapy (dCBT)** program to help improve your emotional fitness

HealthAdvocate.com/uswlocal286



We support the whole family

Our services are available to employees, spouses, dependents, parents and parents-in-law at **no cost to you.**



In our members' words

"You took away so many of my worries.
Thank you for your expertise, empathy and
compassion. It made all the difference."

**Quickly reach us any way
you like** — by phone, email,
online or our mobile app.



877.240.6863

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/uswlocal286

We're here when you need us most
Your Member Assistance Program can be
accessed 24/7/365.

We're not an insurance company
Health Advocate is not a direct medical care provider
and is not affiliated with any insurance company or
third party provider.

Your privacy is protected
Our staff carefully follows protocols and complies
with all government privacy standards. Your medical
and personal information is kept strictly confidential.