

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.



HealthAdvocate



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

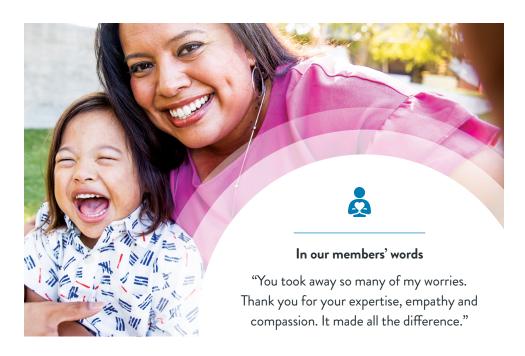
HealthAdvocate.com/uswlocal286





We support the whole family

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



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.

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