



Operating Engineers Health & Welfare

Dear Member,

Operating Engineers Health and Welfare Fund understands that it's sometimes difficult to balance work and life demands. That is why we have partnered with Carelon Behavioral Health to bring you the Operating Engineers Member Assistance Program (MAP).

The MAP is a confidential resource that provides personalized information, referrals, and support. MAP experts are available to help you:

- Manage anxiety, stress and depression
- Address relationship troubles
- Deal with grief and loss
- Assist with alcohol and substance use issues

The MAP is available anytime at no cost to you or your household members. Effective January 1, 2022, you can access referral resources 24/7 online at carelonwellbeing.com/oelocal12 or by phone at (866) 250-1555.

Each of your household members has up to 8 no cost sessions to help navigate life events or reach a personal goal.

Benefits include:

- *Online resources and information.* The Carelon Behavioral Health website offers access to information based on your needs and interests including self-help articles, videos, and other resources. You can also self-schedule a video or phone appointment with a counselor, all at carelonwellbeing.com/oelocal12.
- *Short-term Counseling and Support services.* Call **(866) 250-1555** to be referred to an expert in stress management, grief and loss counseling, work/life balance, substance use concerns, and more.
- *Referral services.* MAP experts can provide referrals to carefully screened professionals in your area. You can call or search on carelonwellbeing.com/oelocal12 to receive referrals for local counselors and community services.

Operating Engineers Health and Welfare Fund does not have access to your personal information if you access this benefit. It is confidential in accordance with federal and state laws.

Carelon Behavioral Health will also administer mental health and substance use benefits, including, but not limited to outpatient and inpatient treatment, for eligible enrollees. For information on these benefits, please call Carelon Behavioral Health at (866) 250-1555.

The MAP is ready when you are. You can choose how you want support – by video, phone or in person. It's easy too! **Visit carelonwellbeing.com/oelocal12 to get started.**

Sincerely,

Operating Engineers Health and Welfare Fund

Carelon Wellbeing

Finding support just got easier

A new online experience exclusively for you

The pressures of daily living can be overwhelming. At times like these, Carelon Wellbeing is here for you. Our improved online platform makes it easier to get the support you need.

Our enhanced website is easy to navigate, confidential, and available at no additional cost. Visit myeaphelper.mybeaconwellbeing.com for:



Personalized recommendations for care.



Service representatives available through phone, chat, or text.



Access to evidence-based resources including assessments, articles, videos, and podcasts.



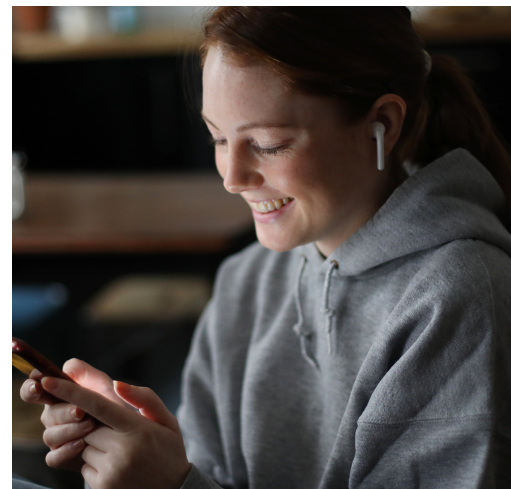
The convenience of requesting appointments online.



Enhanced search to easily find providers.



Virtual counseling through video, phone, or chat.



It's easy to connect with us

Call **866 250-1555**

Service representatives available 24/7.

Chat via

www.carelonwellbeing.com/oelocal12

Monday through Friday 8:00 a.m. to 8:00 p.m. ET

We'll help you be your best

You can always turn to Carelon Wellbeing for:

Virtual or in-person counseling – Schedule an appointment with a licensed counselor for online or in-person sessions during times that work for you, even evenings and weekends. Sessions are strictly confidential.



You're covered

We're here for your everyday problems and questions, big or small. Your Carelon Wellbeing benefit offers information, guidance, and support to help you and your family reach your personal and professional goals.

This no-cost benefit is offered by your employer and is completely confidential.

Digital resources

Visit the Carelon Wellbeing website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges. If you don't know where to start, take an assessment to find resources that meet your unique needs.

Professional counseling

Schedule an appointment with a licensed professional counselor for confidential online or in-person sessions during times that work for you, even evenings and weekends. **You and your household members each receive 8 visits per issue, per year.** Choose from a network of caring clinicians who can help with a variety of concerns:

- Adolescent issues
- Anxiety
- Child issues
- Depression
- Grief and loss
- LGBTQ support
- Life changes
- Marriage issues
- Parenting issues
- Relationship issues
- Stress
- Workplace issues



8

in-person or
virtual counseling
sessions per issue
per year