



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.

Carelton 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