

To all Participants Enrolled in the following Teamsters Local 731 Health and Welfare Funds:

- Health and Welfare Fund of the Excavating, Grading and Asphalt Craft Local No. 731;
 - Local 731, I.B. of T., Garage Attendants, Linen and Laundry Health and Welfare Fund;
 - Local 731, I.B. of T., Private Scavengers Health and Welfare Fund
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■ ■ ■ NEW BENEFIT ■ ■ ■

The Board of Trustees are pleased to announce that a Member Assistance Program (MAP) through Employee Resource Systems has been added to the Health and Welfare Plans for all members, spouses and dependents. This program is effective immediately.

The Member Assistance Plan is available 24 hours a day, 7 days per week and is here for you in a time of need to manage substance abuse, chemical dependency, alcohol abuse, marital problems, or any other emotional concerns.

You can contact the MAP at 1-800-292-2780.

Other services are available through the MAP including consulting for legal, financial, and ID theft recovery. Please refer to the enclosed introductory brochure for additional information. To access the MAP website, go to www.ers-eap.com. The user name is "ib**t731**", and password is "**teamsters**".

Member Assistance Plan is available 24/7 to assist in:

- Substance abuse
- Chemical dependency
- Emotional concerns
- Other concerns

1-800-292-2780



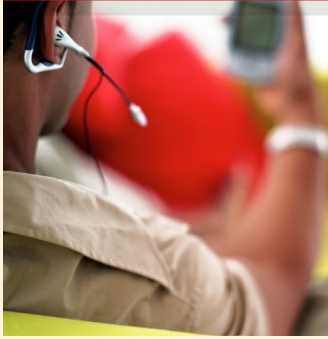
**TEAMSTERS LOCAL 731
HEALTH & WELFARE FUNDS**
MEMBER ASSISTANCE PROGRAM (MAP)
AND ENHANCED WORK-LIFE SERVICES

*No matter what
obstacles may lie
ahead*

*the MAP can help you
find your way*

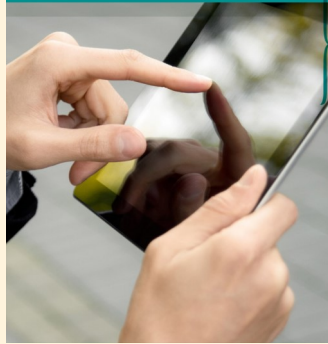
WELCOME TO YOUR MEMBER ASSISTANCE PROGRAM

Telephone Access to Counselors 24/7



The Health & Welfare Fund recognizes the challenges of balancing work with the circumstances of everyday life. That's why you and your family have access to assistance provided by your Member Assistance Program (MAP). When you call the toll-free number, a MAP Counselor will respond to your request thoroughly and promptly. And when you log on to the MAP Website, you'll find an abundance of useful resources, articles, links and interactive tools.

24/7 Online Access to Work-Life website



MAP ASSISTANCE

- Chemical dependency
- Marital and family conflict
- Stress management
- Budgeting & financial issues
- Parenting challenges
- Substance abuse issues

CALL 1-800-292-2780

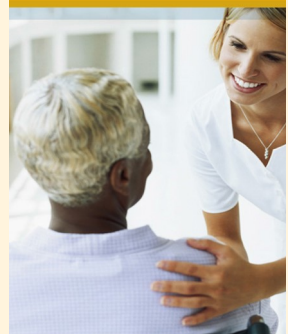
LiveCONNECT Instant Messaging



Child Care Assistance



Elder Care Assistance



The support you need , when and where you need it!

SERVICE OVERVIEW

The MAP provides professional consultation and referral to assist with a wide spectrum of work, family, and personal issues

Accessed by phone, e-mail, instant message, or website.

Available anytime, any day.

Always confidential.

Up to 3 free in-person sessions with a counselor near your home, work or school.

No cost to you or your family to use the service.

No limit to the number of unique issues for which you may use the service.

WORK-LIFE ASSISTANCE

- **Childcare/Eldercare resources**
- **Pet care and daily living needs**
- **ID theft recovery**
- **Skill Builder online courses**
- **Wellness support and services**

LOG ON: www.ers-eap.com

Savings Center Discounts of 25-70%



SAVVY RX—Prescription Drug Savings & Pet Meds



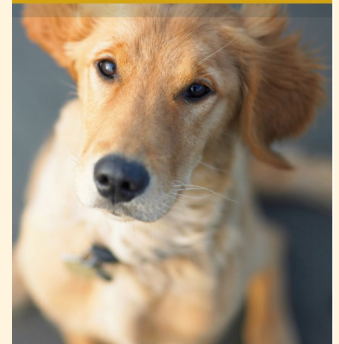
Budgeting and Finances



Legal Concerns



Pet Care Resources



The help you and your family are looking for is just a phone call away. Call 800-292-2780 or log on to www.ers-eap.com to get started!

Are you or one of your dependents seeking assistance for a mental health or substance abuse concern?

**Make the most of your health care benefits...
Call the MAP first.**

You will receive a full assessment of your situation by a licensed, clinical professional and a referral to the most appropriate, in-network resources to help you or your loved one.

MAP services are FREE to members and their dependents and include up to 3 free in-person sessions with a counselor.

1-800-292-2780

Employee Resource Systems, Inc.

**Employee/Member Assistance
Program (EAP/MAP)**

- Relationship Conflict
- Stress/Anxiety
- Depression
- Drug/Alcohol Abuse
- Legal/Financial
- Grief/Loss
- Parenting

Resources for you and your family
Call or log in to get started

www.ers-eap.com

ERS

Always Available. Always Confidential.

**ACCESS IS EASY!
No matter when, no matter
where, you and your family
have access to support!**



TOLL-FREE: 800-292-2780
WEBSITE: www.ers-eap.com
USERNAME: ibt731
PASSWORD: teamsters



What is an Employee/ Member Assistance Program (EAP/MAP)?

The EAP/MAP is a free and confidential assistance program that provides supportive counseling, information and resources for employees and their families.

Why offer this service?

Studies have shown that by helping employees to address their personal troubles, companies are able to reduce problems such as absenteeism, extra costs, lost wages and decreased productivity. It's a win-win situation for everyone!

Who provides this service?

The EAP/MAP is administered by Employee Resource Systems (ERS), a Chicago-based company with a national network of counselors—available to provide in-person or telephone support.

Who can use this service?

The EAP/MAP is available to all employees and their immediate family members, including a spouse (or significant other), children and older adult parents.

Is the Employee/Member Assistance Program confidential?

Yes, this service is confidential. Everyone at the EAP/MAP is legally and ethically bound to maintain the confidentiality of all of its clients. Exceptions exist for any threat-to-safety situations such as child abuse.

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ERS

Employee Resource Systems, Inc.

The Employee/Member Assistance Program

For confidential help call: **800-292-2780**

www.ers-eap.com

When should I call the Employee/Member Assistance Program?

The EAP/MAP typically deals with challenges such as:

- Family conflict
- Marital or relationship issues
- Stress
- Depression
- Anger management
- Grief & loss issues
- Parenting concerns
- Alcohol and other drug abuse
- Eating disorders
- Legal concerns
- Financial concerns

How do I get started?

The first step is to call the EAP/MAP at 800-292-2780. You will be connected with an EAP/MAP counselor on the phone who will talk with you and then schedule an appointment. In urgent cases, counselors will quickly assess the situation and provide crisis intervention and a safety plan when appropriate.

How much does it cost?

There are no charges for use of the Employee/Member Assistance Program. Employees and their families are eligible to receive up to a certain number of free in-person counseling sessions per problem or issue. The number of sessions is determined by the model of service your employer has purchased. Some issues can be resolved within those sessions; however, referrals will be provided for long-term counseling or treatment through your insurance benefits.

ERS

Employee Resource Systems, Inc.

The Employee/Member Assistance Program

- Family/Relationship
- Substance Abuse
- Psychological
- Financial/Budget
- Job Performance
- Legal

For confidential help call: **1-800-292-2780**
www.ers-eap.com

