



Southern California IBEW-NECA Health Trust Fund Member Assistance Program (MAP)



Administered by  OPTUM®

**Are the COVID-19 issues getting too much to deal with?
At-home schooling, returning to work outside of the home, planning for the
holidays... What is the “new normal” everyone is talking about?**

 OPTUM® **MAP is here to help!**

The **Member Assistance Program (MAP)**, also referred to as EAP (Employee Assistance Program), is provided to all Active Participants (and their covered dependents, as well as other household members) enrolled in the Kaiser HMO Plan, the UnitedHealthcare HMO Plan and the Anthem Blue Cross PPO Plan.

How OPTUM® MAP Can Help You

The Member Assistance Program (MAP) assists Participants with emotional, relational, or behavioral health concerns including:

- Relationship and marital issues, including communications problems and conflict resolution
- Family problems, such as parent/child conflicts, single parenting issues, child and adolescent problems, spousal abuse, incest
- Work-related problems, such as job stress, burnout, interpersonal and situational conflicts, adjustment issues
- Emotional problems and personal issues, including anxiety, depression, personal crises, grief and loss, life change issues
- Disease-related issues, such as coping with chronic and terminal illness, grief and loss

The MAP also provides extensive services for individuals needing help with non-clinical issues, such as credit card debt, divorce, child custody matters, or shelter from abusive relationships. Through the array of support we provide, we can help you meet virtually any challenge you may face.

Get started with the  OPTUM® **MAP benefits in minutes.**



Call the  OPTUM® **Customer Service Department 24-hours-a-day at
(877) 225-2267 (877-22-LABOR)**

*No referral needed from your Primary Care Physician to get services under the Member Assistance Program. **All Services are completely confidential.***

Everyone needs help sometimes, reach out and talk to someone NOW.