



# ROOFERS LOCAL 149 FRINGE BENEFIT FUNDS

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April 2020

To: Roofers Local 149 Security Benefit Trust Fund Participants

From: Board of Trustees Roofers Local 149 Security Benefit Trust Fund Participants

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Please read this Notice carefully as it contains important information regarding changes to the Roofers Local 149 Security Benefit Trust Fund (Fund) Plan document (Plan).

## **Plan Change**

The Fund provides an Employee Assistance Program (EAP) to provide screening, assessment, and counseling for Participants and their Dependents related to alcoholism, drug addiction, and certain mental/nervous disorders.

Effective April 1, 2020, Encompass will replace New Alternatives as the Fund's EAP Provider. Enclosed is more information regarding Encompass.

If you have any questions, please contact the Fund Office.

Sincerely,

The Board of Trustees  
Roofers Local 149 Security Benefit Trust Fund



Dear Local 149 Members and Family Members:

In today's demanding world no one is immune to personal problems. Even the strongest people have difficulties coping with a family conflict, an unexpected financial burden, alcohol/drug abuse, the loss of a loved one, or other stressful situations. This is true, even when we are not facing a global pandemic.

During such time it is important for you and your immediate family to have someone to talk to, someone separated from the family and workplace where private matters can be discussed in strict confidence. Whether it is a crucial situation or perhaps a slight case of stress, everyone could use some help now and then.

As a result, the Board of Trustees of the Roofers Local 149 Security Benefit Trust Fund have retained a highly respected professional consulting/counseling group called ENCOMPASS, LLC, an Employee Assistance, Work/Life and Wellness Program. The purpose of this program is to offer you and your immediate household a source of confidential help during troubling times, free of charge. **ENCOMPASS offers our organization up to five individual consults, an extensive web and work life resource as well as financial/legal resources.**

We are not suggesting that you are in need of help. However, should a problem occur it's nice to know where you can turn.

You can reach ENCOMPASS as 1.844.871.3577 or preview the web tools at [www.encompass.us.com](http://www.encompass.us.com)  
username: local149

Currently, due to the executive orders and guidelines put in place to manage the global pandemic ENCOMPASS is offering both phone and video counseling – as these restrictions and guidelines are adjusted you will have access to schedule face to face services in one of their many local offices.



# EMPLOYEE ASSISTANCE PROGRAM

Financial worries, aging parents, job stress, health issues - Everyone faces challenges from time to time, with your EAP you don't have to face these things alone.

**This includes solutions such as:**

## ANYTIME, ANYWHERE

Reducing barriers to access through technology  
**INCLUDES: 24/7/365 Telephone Support, Mobile App with Chat Functionality, Video Counseling and Web Portal**

## PERSONAL ASSISTANT

Our Personal Assistant helps individuals with their "to do" list. It can be difficult to find extra time in the day to manage everyday tasks. We help lighten the load through researching the best options to benefit you and your loved ones.

**SERVICES INCLUDE: Entertainment & Dining, Travel & Tourism, Household Errands, Service Professionals**

## MENTAL HEALTH COUNSELING

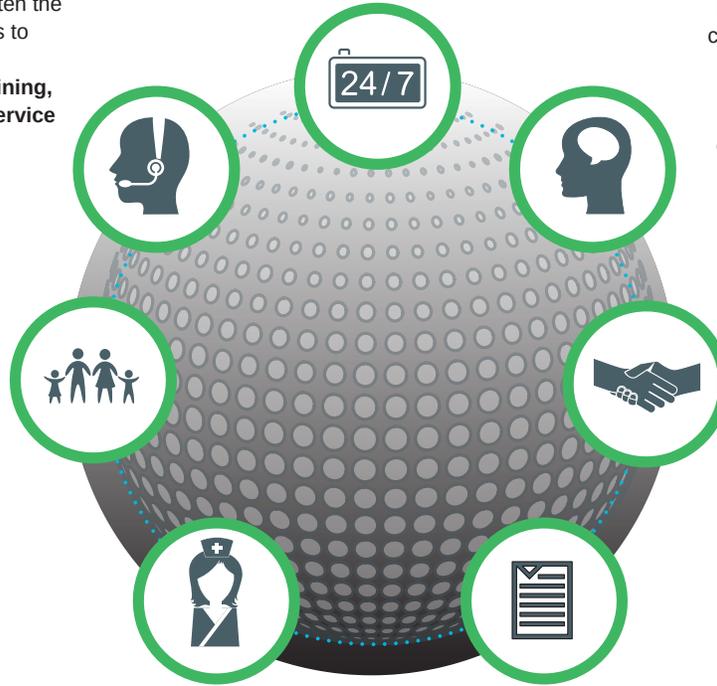
When overwhelmed with personal, work or life stressors, mental health counseling can be a lifesaver. Our licensed master's level counselors support you and your household members through difficult times providing confidential assistance 24/7.

**WE HELP WITH:** Family Conflict, Couples/Relationships, Substance Abuse, Anxiety, Depression

## LIFE COACHING

We help employees and their household members meet their personal and professional goals. A life coach works actively to help individuals assess their current situation then develop goals and action steps to meet their stated expectations. A coach is accountability partner and helps individuals overcome obstacles to achieve their goals.

**WE HELP WITH:** Life Transitions, Creating Better Work/Life Balance, Setting Goals, Improving relationships



## WORK/LIFE RESOURCES

Navigating the practical challenges of life, while handling the demands of your job can be stressful. Work/Life resources and referral services are designed to provide knowledgeable consultation and customized guidance to assist with gaining resolution to everyday hurdles.

**RESOURCES INCLUDE:** Adoption, Elder/Adult Care, Parenting, Child Care, Special Needs Support, Wellness

## MEDICAL ADVOCACY

Medical Advocacy is a new approach to maneuvering through the healthcare system. It offers strategies to promote employee health, productivity, and well-being by serving patient populations throughout the entire lifespan and by addressing health problems in every category of disease classification and in all disease stages.

**WE HELP WITH:** Insurance Navigation, Doctor Referrals, Specialist Referrals, Care Transition, Discharge Planning, Adult Care Coach

## LEGAL/FINANCIAL RESOURCES

Legal and Financial resources and referrals are available to connect employees with experienced, vetted professionals in their topical area of legal and financial needs.

**RESOURCES INCLUDE:** Divorce/Custody, Bankruptcy, Budgeting, Estate Planning/Wills, Personal Injury/Malpractice, Major Life Event Planning

## **PRIVATE, CONFIDENTIAL & FREE** FOR YOU AND YOUR HOUSEHOLD MEMBERS

Your participation with your EAP is voluntary and strictly confidential. We do not report back to your employer about the things you discuss in private counseling conversations.

# MY LIFE EXPERT

## Feeling Connected & Supported 24/7-365

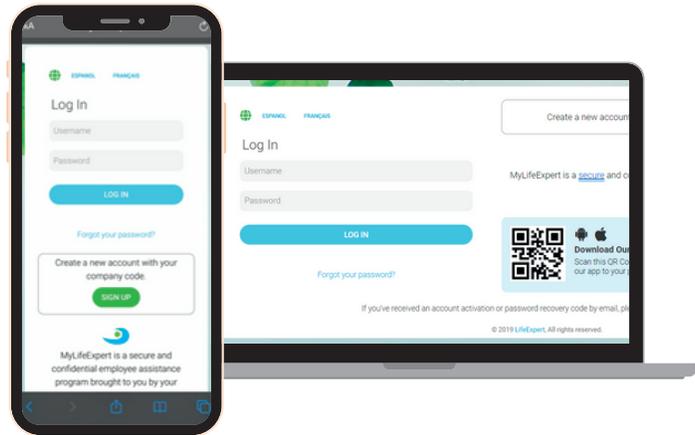
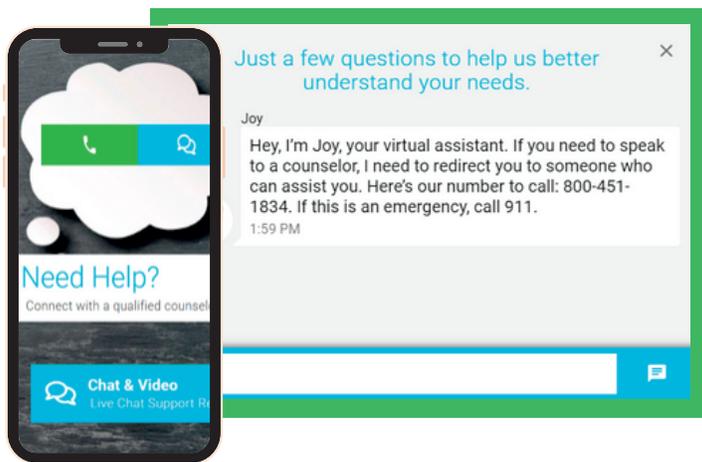
You can download the app to the home screen of your mobile device without even visiting an app store, by simply visiting [mylifeexpert.com](http://mylifeexpert.com) or scanning the QR code at the bottom of this page.

### TO LOGIN:

- Click "create a new account with your company code"
- Insert your company access code
- Follow instructions included in the activation e-mail
- Play, learn, and discover!

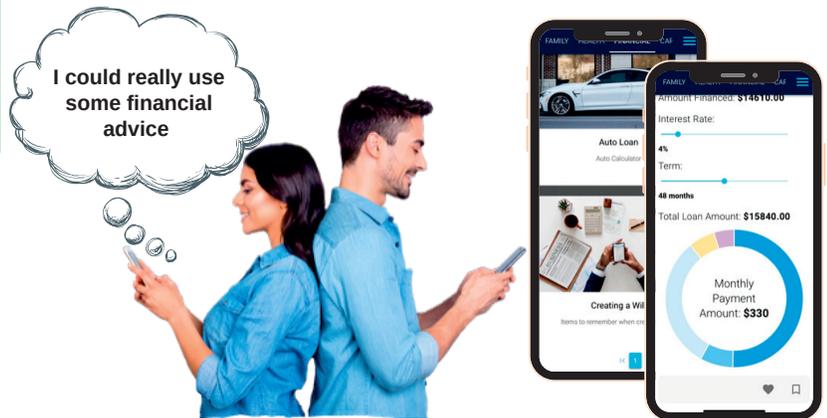
### LIVE COUNSELING:

Download the Life Expert app for 24/7 connectivity to live counselors. This functionality includes live access to a counselor via chat, video, and toll-free phone support.



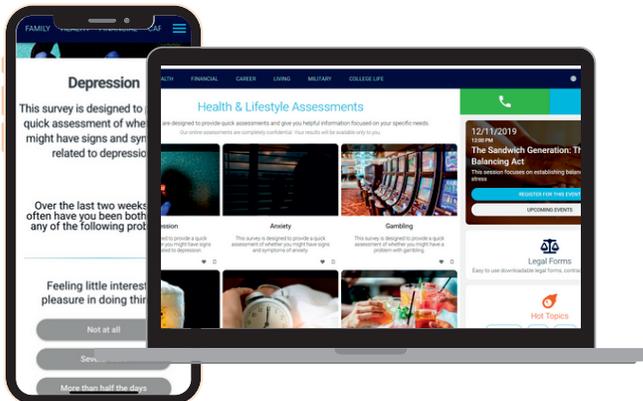
### WORK & LIFE RESOURCES:

Life Expert provides access to thousands of up-to-date topic-related articles, videos and worksheets. Some topics include: Financial & Legal, Family, Education, Health, Wellness, Career, Military, everyday living and much more.



### HEALTH & LIFESTYLE ASSESSMENTS:

Surveys are provided to you with a quick assessment on financial, health and addiction issues. These surveys are designed to deliver targeted resources and information to meet your needs. You can save these assessments and recommendations to your profile for future use.



### INTERACTIVE CHECKLIST:

Life Expert provides you with interactive tools to help with issues such as family, health, and other life situations. You can save these checklist to your personal profile for future use.



Download The App at: [www.encompass.us.com](http://www.encompass.us.com)  
Company Code: roofer149  
Toll-Free: 844.871.3577

# ENCOMPASS<sub>EAP</sub>