



SHEET METAL WORKERS' LOCAL 292
FRINGE BENEFIT FUNDS
P.O. Box 189
Troy, MI 48099-0189
(248) 641-4992 (888) 646-6565

May 21, 2018

**TO: All Active Eligible Participants and Non-Medicare Eligible Retirees
Sheet Metal Workers Local No. 292 Health Fund**

RE: New Employee Assistance Program Provider

ENGAGEMENT OF NEW EMPLOYEE ASSISTANCE PROGRAM PROVIDER

Effective June 1, 2018, the Board of Trustees is pleased to announce that Ulliance will be your new Employee Assistance Program (EAP) provider. We recognize that our members are our most valuable asset and that an investment in your well-being is a sound investment for everyone.

The Ulliance Life Advisor Employee Assistance Program is designed to help each member and their family deal with the many personal and family issues that we all encounter at some point in our lives. For example, you might need assistance coping with stress or depression, substance use and abuse, learning new parenting skills, or finding a nursing home for a loved one. Ulliance provides many services to meet your needs, including counseling, coaching, crisis intervention, and community resources.

The Life Advisor Employee Assistance Program provides completely **confidential, free assistance** in many areas, including:

- Relationship and family concerns
- Death of a loved one
- Stress, anxiety and depression
- Substance Abuse
- Eldercare or childcare referrals
- Financial or legal referrals

Again, there is no cost to you or your dependents for the Ulliance services which are available **24 hours a day, 7 days a week**.

As noted in the enclosed flyer, the Ulliance toll free number **800-448-8326** is all you will need to reach free, confidential assistance. You can also visit the website, **www.lifeadvisoreap.com** for more information and a wide variety of resources. To login once you go to the website, just enter 'Sheet Metal Workers Local 292' as your employer and "Troy" as your city of employment. A website instruction sheet is enclosed with this letter.

We hope you and your dependents take advantage of the services that the Life Advisor Employee Assistance Program has to offer. If you have any questions, please feel free to call the Benefits Office at (248) 641-4992.

Sincerely,

*Board of Trustees
Sheet Metal Workers Local No. 292 Health Fund*

Enclosures

Life Enhancement Resource Center

www.LifeAdvisorEAP.com



Ulliance^{25th}
Enhancing People. Improving Business.

**Welcome to the Ulliance
LIFE ADVISOR
RESOURCE CENTER
Login Page**

Accessing Materials

- To the right is a picture of what you'll see when you go to www.lifeadvisoreap.com
- Enter the name of your employer and your city of employment
- Select the sound-on icon for audio and video feeds; selecting the sound-off icon will turn these features off

Name of your employer
Sheet Metal Workers local 292

City of Employment
Troy

Sound



Choosing sound off means audio and video will not play throughout this site.

Login

Find Work-Life Balance Resources on a Variety of Topics and Challenges

Stress
Depression
Anxiety

Finance
Legal
Work Issues

Grief
Relationships
Family

The Life Advisor EAP
Confidential and at NO Cost
1-800-448-8326

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We're Social!
Connect with us anytime, anywhere!



Ulliance Life Advisor Consultants are available 24 / 7 !

- Visit a local Ulliance MAP counselor close to where you live or work at no charge to you or your dependents
- Receive immediate telephonic support for pressing issues
- Schedule a telephonic Life Advisor Coaching session designed to help you achieve your goals
- Receive free Work-Life materials
- 24 / 7 Crisis intervention

YOUR DEDICATED ACCOUNT MANAGER

Doug
Smith

248.273.6261



dsmith@ulliance.com

Services for HR and Management

Member & Supervisor EAP Orientations

- Schedule at any time with your dedicated Account Manager or attend one of our on-line sessions
- Orientations are also available on our website or in DVD format
- Member orientation available in Spanish as well

Critical Incident Stress Management

- Group debriefing provided after a tragedy, designed to help employees process trauma and return to productivity

Management Consultations

- Unlimited consultations with your Account Manager regarding member performance issues tied to personal issues
- Facilitation of the formal referral counseling services for members meeting criteria for mandatory counseling

Smart Manager Webinars and On Demand Videos

- 30 minute webinars and On Demand Videos addressing a wide variety of workplace issues and managerial concerns

The Life Advisor Bulletin

- A quarterly newsletter examining relevant workplace issues, the latest statistical information around these topics, historical context, and best practice recommendations

The Good to Know Podcast

- A podcast hosted by a panel of Ulliance experts on various workplace and managerial topics

Life Enhancement Resource Center

- Anytime access to articles, resources, healthy-living tips as well as our orientation videos
- Log-in at: LifeAdvisorEAP.com



Ulliance Life Advisor
Consultants are
available 24 / 7 !

Your Life Advisor
Consultant can:

- Explore your unique work-life balance needs and identify the right Life Advisor services to support you and your family.
- Schedule you to see a local Ulliance EAP Therapist - Close to where you live or work at no charge to you or your covered dependents.
- Provide you with immediate telephonic support for pressing issues.
- Assist you by researching information you need for Work-Life balance.

Confidential, No-Cost Support

Counseling Services

- Face-to-face or phone sessions with a licensed counselor close to work or home
- Short term, solution-focused support for work-life issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions

Life Advisor Coaching Services

- Telephonic sessions with a counselor
- Support and motivation to achieve a work-life goal such as education, career advancement, financial or savings goals, or self-improvement goals

The Life Advisor Monthly Newsletter

- An electronic monthly publication with information and resources on a variety of work-life concerns, such as relationships, substance abuse and goal setting

Work-Life Materials

- Books and other helpful materials on a wide variety of work-life topics mailed directly to your home at no cost to you

Life Enhancement Resource Center

- Anytime access to articles, resources, healthy-living tips, as well as our orientation videos
- Log-in at: LifeAdvisorEAP.com



LEGAL & FINANCIAL ADVICE



You can trust



CONSULTATION

Up to 30 minutes per topic with a local plan attorney. 25% discount on plan attorney rates for services beyond consultation



CREDIT COUNSELING

Telephonic financial consultation up to 30 minutes. Credit repair. Find possible causes and solutions to your credit issues



DOCUMENT REVIEW

Review of legal document (6 pages or less), 25% discount on plan attorney hourly rates for documents over six pages



DEBT MANAGEMENT

Telephonic financial consultation up to 30 minutes. Explore options for consolidating and paying off debt



DISPUTE RESOLUTION

A letter/phone call from the plan attorney to the opposing party at no charge for simple disputes (when deemed applicable)



FINANCIAL EDUCATION

Thirty minutes with a Financial Planner for initial consultation, in-office or telephonic. 15% off fees beyond initial consult.



WILLS

Preparation of a simple will for member and spouse at no charge



BUDGETING

Get on track with a 30-minute telephonic consultation. Develop a plan for your personal or family budget



IDENTITY THEFT PLAN BENEFITS

Telephonic counseling with ID Theft Counselors when ID theft arises, including checklists and documents to prepare. Up to three consultations (30 minutes) per year. In office consultations with plan attorney are given a 25% discount on hourly rate. Unlimited access to online resources.

ONLINE LAW AND LEGAL DOCUMENTS

A comprehensive library of online resources including elaw, legal documents, samples and resources.

Call your Life Advisor EAP for more information: 1-800-448-8326

Life Advisor DISCOUNT PROGRAM

SAVE ON:
Hotels
Theme Parks
Attractions
Shows & Events
Car Rentals

HOW TO SIGN UP

Head over to:
workingadvantage.com/ulliance

1

Scroll down to the 'New users: sign up to become a member' form

2

Create an account and start saving!

Once enrolled you will have access to discounts on hundreds of offers on theme parks, shows, hotels, attractions and more!

dining and travel

Some of our offers

Save up to
70%

shopping

Save on tickets

40%

entertainment