

Your LifeSolutions member assistance program

We all have times in our lives when we could use a little support. That's why IUPAT Welfare Fund of Western Pennsylvania offers the LifeSolutions® member assistance program to help you get through these challenging times so that you can be more successful at home and work.

Your member assistance program provides with practical information and counseling on a variety of topics. You and anyone living under your roof—as well as your dependents who are younger than 26 and not living at home—can use these valuable services. Information can be provided over the phone, via email, or by mail. Counseling is available at a time and location that are convenient to you.

Key benefits of the program:

- **There is no cost for members.**
- **The service is available 24 hours a day, 7 days a week, 365 days a year.**
- **Services include coaching and counseling in person, over the phone, or through video.**
- **It is confidential.**
- **The service provides an independent, impartial source of support.**

Your member assistance program can support you through a wide range of work and personal issues:

- Relationship concerns
- Parenting
- Stress or life changes
- Career successes
- The loss of a loved one
- Workplace pressures
- Self-esteem and confidence issues
- Financial or legal concerns
- Personal interests
- Physical health concerns

You can review more information at Lifesolutionsforyou.com. To log in, call us at the number below or contact the fund office.

This welcome packet details the program. You may not need the member assistance program today, but keep our services in mind for when you do. We hope that you and those close to you find this service helpful.

Sincerely,

LifeSolutions MAP

855-209-8762

