

SHEET METAL WORKERS' LOCAL 7-ZONE 3 BENEFIT FUNDS

P.O. Box 547
Troy, MI 48099-0547
(248) 641-4973 (800) 451-5733



January 2019

To: All Participants in the Sheet Metal Workers Local 7, Zone 3 Health Care Fund

The Sheet Metal Local 7 Zone 3 Health Care Fund is pleased to announce **Ulliance**, an Employee Assistance Program (EAP) for all eligible members and their families. We recognize that our members are our most valuable asset and that an investment in your well-being is a sound investment for everyone. *Please note this does not change any other benefit under your Plan, but is an added benefit.*

The *Life Advisor Employee Assistance Program* is a completely **confidential**, short-term counseling service, utilizing a practical approach toward problem resolution. Sometimes we are so close to a problem that it becomes hard to look at it, and therefore, we may have a difficult time identifying the solutions. Professional assistance can make the difference between a problem repeating itself, and resolving it for good the first time it occurs.

Ulliance counselors can help with many issues: Relationship and family concerns; Death of a loved one; Stress; Substance Abuse; Financial or legal referrals; Anxiety and depression.

There is no cost to you or your dependents for Ulliance services, which are available **24 hours a day, 7 days a week**. The Ulliance toll free number—**800.448.8326**—is all you need to reach free, **confidential assistance**. We hope you and your dependents take advantage of the services the EAP has to offer.

For a presentation of the services available, Ulliance representatives will be in attendance at your Local Union Hall at the times and locations noted below. Representatives for your HealthCare benefits will also be on hand to answer any question you may have concerning your benefits under the Fund. Spouse are welcome to attend!

Date: Wednesday, January 30, 2019
Time: 6:00 p.m.
Location: Union Local 7, Zone 3
7677 Midland, Freeland, MI 48623

Date: Thursday, January 31, 2019
Time: 6:00 p.m.
Location: Union Local 7, Zone 3
3912 Blair Townhall Road
Traverse City, MI 49685

If you have any questions concerning this notice or any benefits under the Fund, please feel free to contact the Benefits office at (800) 451-5733.

Sincerely,

Board of Trustees of the
Sheet Metal Workers Local 7, Zone 3 Health Care Fund

Enclosures