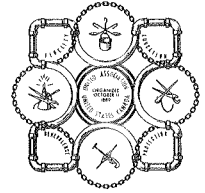


PLUMBERS AND PIPEFITTERS LOCAL 501 NORTHERN ILLINOIS BENEFIT FUNDS



1295 Butterfield Rd., Aurora, IL 60502-8879 • Ph (630) 978-4600 • Fax (630) 978-4616 • email: benefitfunds@ualocal501.org

Member Assistance Program

TO: All Active and Retired Participants in the Northern Illinois Benefit Fund
RE: Member Assistance Program Available September 1, 2009

Dear Participant:

All of us experience problems in our lives at one time or another. Most of the time we manage perfectly well on our own but occasionally, we may need additional help in dealing with challenges either at home or at work that can disrupt our lives as well as the lives of our family.

Knowing where to turn when these problems arise can be difficult. For that reason, we are pleased to inform you that the Northern Illinois Benefit Fund of the Plumbers & Pipefitters Local 501 is now offering a **Member Assistance Program (MAP)** with integrated **Union Select Basic Work-Life Services**. This program is administered through a contract between the Northern Illinois Benefit Fund and Employee Resource Systems (ERS). The MAP provides access to free counseling services designed to help you and your family members deal with a variety of situations such as:

- Alcohol and Drug Abuse
- Marital and Family Problems
- Adolescent and Child Difficulties
- Divorce and Separation Adjustment
- Job-Related Stress
- Legal and Financial Difficulty
- Death of a Loved One
- Other Personal and Emotional Problems

Through this program, you and your family members can receive up to **six (6) free counseling** sessions per incident with an ERS counselor. If the ERS counselor believes an issue cannot be addressed in the sessions provided or that another kind of resource would be more appropriate, they will consult with you or your dependents about the resources available in the community or through your benefits to assist you. ERS counselors are licensed mental health professionals and will work with you or your family member by phone or in-person, to identify and evaluate your concerns.

If you or a member of your family has a problem or issue, ERS counselors are available 24/7 by calling **1-800-292-2780**. Local ERS representatives are available from 8:30 a.m. until 5:30 p.m., Monday through Friday. After business hours, the ERS phones are answered by clinical professionals who can provide immediate assistance. All services

provided by the MAP are completely confidential and your records will not be released without your written permission.

In addition, the **Basic Work-Life** Services program offers 24 hour access to a comprehensive collection of web-based informational tools, assessments, calculators, locators, articles and other resources. The program also includes access to the **Wellness Center** - which provides online resources to help you and your family members set and meet your fitness, nutrition, and weight goals and the **Savings Center** for discounts from leading brand name retailers and thousands of discount tickets.

Please take a few moments to read the enclosed MAP Brochure and Work-Life Services Flyers, which explain our programs in greater detail. We encourage you and your family members to use the MAP and hope you find these new programs helpful.

Sincerely,

Board of Trustees
Northern Illinois Benefit Fund

UNION SELECTSM

UnionSelect Basic Work-Life

Union Select Basic Work-Life is a Web-based research source with a focus on results. It provides support for issues throughout the life cycle. This website provides a robust library of articles and resource links to support members and their families throughout a broad array of work-life issues.

This comprehensive service provides members and their families with articles about child care, adoption, education, elder care, wellness and everyday life issues. Each month the website's main pages are refreshed with feature articles that follow a topical theme. New articles and resource links are added every day.

The UnionSelect Website Can Help

- Find a pet-sitter for your Labrador
- Update your address online with the local motor vehicle department
- Research a disease's symptoms and treatment options
- Provide you with valuable parenting, time management, and communication tips.

To Access the Program simply log on to www.ers-eap.com and enter

Username: local501

Password: member

The Main Program/Web Content Areas are:

- Daily Living
- Emotional Well-being
- Family & Caregiving
- Health & Wellness
- Working Smarter

Choosing Quality Child Care

- Information about child care centers, family day care, before and after-school care
- Summer camps

Learning about Adoption

- Domestic and International adoption
- Adoption attorneys
- Parenting tips for families with adopted children

Education

- How to support your child's readiness to learn
- What to look for in quality preschools
- Preparing your child emotionally and financially for college
- Tips for succeeding in school—socially and academically

Elder Care

- Senior housing
- Information about types of elder housing and services
- Information for people with Alzheimer's and dementia
- Caregiver support information and resource links

Daily Living

- Choosing a dependable pet-sitter
- Tips on making wise consumer purchases
- Getting organized at work

Wellness

- Diet and nutrition
- Immunization and preventative screening guidelines
- Wellness Center provides online resources to help members and their families set and meet their fitness, nutrition, and weight goals. The program includes - customizable meal plans, nutrition look up, interactive forums, peer support, fitness programs and goal tracking tools.

Website Features

- Self Search—On-line locators to search for summer camps, volunteer opportunities, colleges and universities, and pet adoption organizations
- Resource Library—Thousands of articles, interactive tools and resource links
- Savings Center— For savings of up to 25% on hundreds of name-brands
- Financial and Daily Living Calculators—Easy-to-use for a variety of applications

When should I call the Employee/Member Assistance Program?

The EAP/MAP typically deals with challenges such as:

- Family conflict
- Marital or relationship issues
- Stress
- Depression
- Anger management
- Grief & loss issues
- Parenting concerns
- Alcohol and other drug abuse
- Eating disorders
- Legal concerns
- Financial concerns

How do I get started?

The first step is to call the EAP/MAP at 800-292-2780. You will be connected with an EAP/MAP counselor on the phone who will talk with you and then schedule an appointment. In urgent cases, counselors will quickly assess the situation and provide crisis intervention and a safety plan when appropriate.

How much does it cost?

There are no charges for use of the Employee/Member Assistance Program. Employees and their families are eligible to receive up to a certain number of free in-person counseling sessions per problem or issue. The number of sessions is determined by the model of service your employer has purchased. Some issues can be resolved within those sessions; however, referrals will be provided for long-term counseling or treatment through your insurance benefits.



What is an Employee/Member Assistance Program (EAP/MAP)?

The EAP/MAP is a free and confidential assistance program that provides supportive counseling, information and resources for employees and their families.

Why offer this service?

Studies have shown that by helping employees to address their personal troubles, companies are able to reduce problems such as absenteeism, extra costs, lost wages and decreased productivity. It's a win-win situation for everyone!

Who provides this service?

The EAP/MAP is administered by Employee Resource Systems (ERS), a Chicago-based company with a national network of counselors—available to provide in-person or telephone support.

Who can use this service?

The EAP/MAP is available to all employees and their immediate family members, including a spouse (or significant other), children and older adult parents.

Is the Employee/Member Assistance Program confidential?

Yes, this service is confidential. Everyone at the EAP/MAP is legally and ethically bound to maintain the confidentiality of all of its clients. Exceptions exist for any threat-to-safety situations such as child abuse.

Continued on back



Employee Resource Systems, Inc.
The Employee/Member Assistance Program

- Family/Relationship
- Substance Abuse
- Psychological
- Financial/Budget
- Job Performance
- Legal

For confidential help call: 1-800-292-2780
www.ers-eap.com



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