

## Summary of Behavioral Health Benefits

### Member Assistance Program (MAP)

- 1-3 MAP sessions per incident at no cost to the member
- 24 hour, toll-free access to the MAP
- Available to all household members
- Unlimited telephonic counseling

### Mental Health

- No deductible
- Inpatient, Residential and Day Treatment
  - Up to 30 days per calendar year
  - 100% coverage after any applicable admission fee
  - 90% cover for subsequent treatment episodes 12 month after the first treatment episode
- Outpatient Treatment
  - 20 visits per calendar year
  - 1-5 visits with \$0 co-payment
  - 6-10 visits with \$10 co-payment
  - 11-20 visits with \$15 co-payment

### Chemical Dependency (includes detox)

- \$35,000 annual maximum
- No deductible. 100% Coverage
- Inpatient, Residential and Day Treatment
  - up to 30 days per calendar year
- Outpatient Treatment
  - up to 2 treatment episodes per calendar year
- Detoxification
  - up to 2 treatment episodes (to a maximum of \$8000) per member while covered
  - 1 treatment episode (to a maximum of \$4000) per member per calendar year

## PacifiCare® Behavioral Health

### NOTICE:

A complete Summary Plan Description is available from the trust fund or plan administrator upon request.

All services must be pre-authorized by PacifiCare Behavioral Health and obtained from contracted facilities and providers, except in an emergency.



[www.pbhi.com](http://www.pbhi.com)

Call Your MAP

(877) 22-LABOR (52267)

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For PacifiCare HMO and Fee-For-Service Indemnity Plan Enrollees

## MEMBER ASSISTANCE Program

Transportation Communications International  
Union-MTA Health and Welfare Trust  
Behavioral Health Benefits



We're Here To Help  
Call (877) 22-LABOR (52267)



### A program created especially for union members.

You wouldn't be human if you didn't have problems, and most problems you can probably handle by yourself. Yet, sometimes you need help to get things under control and that's the type of help your Member Assistance Program (MAP) can give you. If you suffer from more serious mental health or chemical dependency problems, your behavioral health benefit covers those as well.

### What is a Member Assistance Program (MAP)?

A MAP is a free, confidential counseling and referral service designed to help you and your household members resolve personal problems that may be interfering with work or home life. Our staff is experienced with the many problems facing union members, so they speak your language. They understand the pain you're in. They can help.

### What problems can my MAP help me with?

Just about anything. MAP programs focus on the following problems:

- Alcohol and drug abuse
- Anger management
- Child and elder care
- Debt management
- Emotional distress
- Job stress
- Legal assistance
- Relationship problems
- Domestic violence

### Who's eligible?

You and any member of your household may call your MAP for services. Dependents living away from home may also access your MAP services.

### What do my Mental Health and Chemical Dependency benefits cover?

Mental health and chemical dependency benefits go beyond MAP services. They are available to you and your covered dependents, and include outpatient visits with a licensed provider and inpatient (hospitalization) programs.

Disorders covered include:

- Depression
- Serious mental illness
- Drug and alcohol dependency

### How do I access my benefits?

The first step toward handling your problems is a single toll free phone call to your MAP hotline. It's staffed by professional counselors, 24 hours a day, 365 days a year. The phone counselor will listen carefully to your concern or issue and help you assess the situation, then will suggest ways to resolve the problem.

If more than just phone counseling is required, you may be referred to a licensed/certified counselor or other behavioral health practitioner. You may also be referred to a community resource, such as a support group. If a health problem is contributing to your situation, you could be referred to a medical professional.

### Is it really confidential?

Yes! Your phone call, website visits, e-mails, any referrals you receive — everything you tell us — will be kept strictly confidential (as required by law).

## Your Menu Of Member Services

### Emotional Well-Being

- Stress and depression
- Anger management
- Family issues
- Domestic violence
- Grief and loss

### Work Issues

- Co-worker relationships
- Job stress
- Career planning
- Performance concerns

### Parenting & Child Care

- Becoming a parent/ exploring adoption
- Child care options and referrals
- Parenting skills
- Strategies for working parents

### Education

- School selection
- College searches/ applications/ scholarships
- Tutoring
- School performance
- Special needs

### Legal Assistance

- Divorce
- Landlord/tenant conflicts
- Wills/consumer issues
- Free 30-minute consultations
- Referral to legal specialists

### Financial Planning

- Help with credit reports
- Debt management
- Budgeting
- Dealing with delinquent payments

### Substance Abuse & Recovery

- Alcohol/drug abuse
- Eating disorders
- Treatment centers/ detox services
- Support groups/ community services

### Resources for Seniors

- Elder care options and referrals
- Long-distance caregiving
- Community programs and services

Access Your Benefits!

Call **(877) 22-LABOR**  
(5 2 2 6 7)

24 hours a day, 365 days a year

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