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**IMPORTANT NOTICE
NEW BENEFITS**

**Re: Laborers' Metropolitan Detroit Health Care Fund
Employee Assistance Program – Effective May 1, 2025**

Dear Participant:

We are pleased to offer a **new Blue Cross Blue Shield of Michigan** benefit to continue our support of your mental health care and well-being, effective May 1, 2025.

The Employee Assistance Program (EAP) will offer the following services to you and your dependents:

- **Counseling and Coaching Services**
 - Mobile emotional support with a 24/7 call center – master's level specialists providing solution-focused consultations and unlimited in-the-moment support
 - In-person and virtual counseling
 - Permits uninterrupted mental health care with a seamless transition from EAP counseling to your behavioral health benefits
 - Virtual coaching
 - Family support services for parenting and eldercare
- **Financial and Legal Counseling**
 - Two 30-minute phone consults with money coaches
 - An online financial resource center
 - 30-minute consults per legal issue with an attorney or mediator to resolve disputes
 - 60-minute ID theft support consultation

All services are **confidential** and available at **no cost**. You and your dependents will each have **five** EAP visits available per calendar year.

Beginning May 1, 2025, you and your dependents can use your EAP services by visiting bcbsmhelp.com/LMDHCF or calling (877) 674-3133.

Sincerely,

Board of Trustees
Laborers' Metropolitan Detroit Health Care Fund