

Inland Empire Electrical Workers
Welfare Trust Fund
PO Box 5433
Spokane, WA 99205



May 1, 2023

To: All Participants

At their last meeting, the Board of Trustees approved adding additional benefits for members effective April 1, 2023, including a new EAP benefit and myStrength Mental Health Coaching, a digital wellness tool.

First Choice Employee Assistance Program (EAP)

The EAP provides you with free and confidential face-to-face or telehealth sessions with a qualified clinical expert who can assess your concerns and develop a plan of action. This benefit includes coverage for up to three sessions per issue for you, your spouse, and eligible dependents to age 26. Issues that can be addressed include:

- Anxiety and Depression
- Couples/Relationship/Parenting
- Crisis Support
- Alcohol/Drug Problems
- Grief and Loss
- Work Conflict
- Compulsive Behaviors
- Domestic Violence
- Legal and Financial*
- Childcare and Eldercare
- Home Ownership
- ID Theft*
- Healthy Living Tips

*Speak with an expert for up to 30 minutes at no charge.

myStrength Mental Health Coaching by Teladoc Health

myStrength Mental Health Coaching is a free digital program for plan participants designed to help with stress, anxiety, sleep, and much more. You can receive:

- A Personalized Program. Take an assessment and get a fully customized program that's tailored to your needs and goals.
- Helpful Tools and Resources. Get 24/7 access to the myStrength app and web platform. Learn tips and strategies with hundreds of quick activities. Track your mood, sleep, stress, and goals.
- Dedicated Support. Get guidance and support from a dedicated coach. They'll guide you to activities to help you reach your goals, and give you support whenever you need it.

If you have any questions about these revisions or the changes in benefits for yourself, spouse, or dependents, please contact the Trust Office at (509) 534-0600 or 800-872-8979. Also, you may review your individual benefits at the Trust website: www.ewwellpower.com.

Thank you,
Administrative Agent on behalf of the Board of Trustees