



Boilermakers' National Health and Welfare Plan (Canada)

September 2019

To All Plan Members of the Boilermakers' National Health and Welfare Plan (Canada)

Dear Plan Member,

The Boilermakers' National Health and Welfare Plan (Canada) proudly provides a Member Assistance Program (MAP) Benefit under the Health and Welfare Plan.

Family Services Employee Assistance Programs (FSEAP) has been selected to provide this valuable Benefit. The Member Assistance Program will provide you and your eligible family members with no-cost, highly confidential counselling and advisory services from a variety of specialized professional counsellors.

The Plan's FSEAP telephone number has been assigned exclusively for the Boilermakers' National Health and Welfare Plan (Canada). This is the number to call to speak with a FSEAP counsellor, to arrange a counselling or advisory appointment, to access FSEAP's information services or to get help in a crisis situation.

FSEAP services are available to you and your eligible family members 24 hours a day, 7 days a week, 365 days a year. **Contact FSEAP at 1-866-990-1113.** Confidential assistance and advisory services are available for a broad range of personal and work-related concerns which may affect you or your family, such as:

- Manage emotional well-being
- Enhanced relationships
- Succeed at work
- Overcome addictions
- Improve physical well-being
- Address legal concerns
- Manage personal finances
- Explore child and elder care resources

Counselling services are available by telephone or you can request appointments for face-to-face services at one of FSEAP's many office locations across Canada with daytime, evening and weekend appointments to accommodate your schedule. Counselling is also available online through video or e-counselling. Within the Plan's MAP website, you can access a range of health and wellness information resources, 24/7 at your convenience.



To enter the MAP website:

1. Go to <http://www.myfseap.ca>
2. Click on Login
3. Enter your group name: **Boilermakers**
4. Enter your password: **myfseap**
5. Click on **Login**

Confidentiality and your right to privacy are a very important part of our Member Assistance Program. All face-to-face counselling services take place in off-site FSEAP offices. All case files are kept very securely on FSEAP premises and no information is ever released to anyone without your written consent, except where FSEAP is legally required to do so.

In the future the Plan will organize information sessions with FSEAP to teach you more about our new MAP program. You can also view an online orientation at a time that is convenient for you.

Need help ? Have questions ?

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