



## Boilermakers' National Health and Welfare Plan (Canada)

October 2012

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

Dear Plan Member,

The Boilermakers' National Health and Welfare Plan (Canada) is proud to introduce a new Member Assistance Program (MAP) Benefit under the Health and Welfare Plan.

**Family Services Employee Assistance Programs (FSEAP)** has been selected to provide this valuable new 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. In this welcome package, you will find:

- Paper and magnetic wallet-sized cards featuring the Plan's designated **1-866-990-1113** central access number, as well as the Plan's online MAP access information
- A brochure highlighting the features of our new Member Assistance Program

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. 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:

- personal and/or job stress
- crisis
- financial concerns
- harassment
- parenting issues
- eldercare and childcare issues
- career advice/consulting
- addictions
- relationship issues
- legal concerns
- separation and loss
- smoking cessation
- balancing work and family
- nutritional advice



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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.com>
2. Select a language
3. Enter your group name: **TOboiler**
4. Enter your password: **makers**
5. Click on **Submit**

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 ?**

### **BOILERMAKERS' BENEFIT ADMINISTRATION OFFICE**

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