

Keeping You Well and Well Balanced

Support for Your Total Well-Being

Did you know our plan offers so much more than just medical coverage? Our MAP (Member Assistance Program), E4 Health has a wealth of resources and assistance for you.

EMOTIONAL WELL BEING

E4 Health offers up to eight sessions of confidential counseling for SMART members, their family members and household members. Call 24/7 for support with issues including:

- Relationship Difficulties
- Mental Health Concerns
- Life Cycle Events
- Grief and Loss
- Addiction
- Stress
- Family

LEGAL CONSULTATION AND REFERRALS

Call to be connected to a free, 30-minute consultation with an advice attorney for most legal matters, such as:

- Civil Lawsuits
- Real Estate Transactions
- Divorce/Custody
- Criminal Actions
- Contracts
- Immigration Issues
- Eldercare Tools (wills, healthcare proxies)

FINANCIAL CONSULTATION AND REFERRALS

Our financial professionals are available to provide free telephonic consultation on most financial issues, including:

- Credit/Debt Management Programs
- Budgeting
- Bankruptcy
- Identity Theft
- Tax Filing
- Estate/Retirement Planning

HEALTH & WELLNESS RESOURCES AND REFERRALS

Receive information, resources and referrals to assist with health-related issues, such as:

- Walking/Fitness Programs
- Diet & Nutrition
- Smoking Cessation
- Stress Management
- Chronic Disease
- Referrals to Gyms/Health Clubs, Holistic Health Resources, and Support Groups

FAMILY & CAREGIVING RESOURCES AND REFERRALS

From becoming a new parent to taking care of an aging relative to pet care needs, our specialists provide you with in-depth consultations, resources, and referrals to help you make educated decisions.

Common concerns include:

- Parenting
- Special Needs Programs
- Educational Programs
- Childcare Services
- Prenatal/Fertility
- Adoption
- Eldercare Services
- Pet Care

CONVENIENCE SERVICES

Referrals to local vendors and resources to assist with everyday tasks such as:

- Chore Services
- Moving and Relocation
- Travel and Safety
- Even and Party Planners
- Consumer Comparisons
- Volunteer Opportunities

WEBSITE

Log on to access the savings center, legal and financial resource center, articles, FREE webinars, searchable databases, monthly newsletters and more.

Toll-free 800-765-9124 Website www.helloe4.com

Username: Local36 Password: guest

ALWAYS AVAILABLE...ALWAYS CONFIDENTIAL