

# MORE FOR YOU



Plumbers Local Union No. 1

# FUND OFFICE

Home of your Employee Benefits

## MAY 2023 EDUCATION MEETING

Plumbers Local Union No. 1 Headquarters - 50-02 Fifth Street, Long Island City

Join us as representatives from Optum and the Fund Office conduct this Benefits Education Session

**Learn more about Your Benefits**

Visit our new Portal @ [MyBenefits.nypl1f.org](https://MyBenefits.nypl1f.org)

Join us, as our new Substance Use / Mental Health Benefits provider, Optum, provides information on their service offerings and to the enhancements to your Employee Assistance Program (EAP) benefits.

In addition to reviewing benefit offerings, Optum will also show you how to use their website, mobile app, Tele-behavioral-health offerings and various other tools available to you and members of your household so you're able to maximize the use of these very important benefits.

**May 17, 2023**

**- Optum**

4:00 p.m. – 4:45 p.m.

**REMEMBER** to make sure you visit Optum's web-site ([www.liveandworkwell.com](https://www.liveandworkwell.com)) or download their mobile app prior to the session to ensure you're familiar with the sites' content and to come with any questions you may need answers to meeting with Optum.