



**WE KNOW A PET CAN BE  
YOUR BEST FRIEND,  
BUT CAN THEY OFFER  
HELP OR ADVICE?**

## **THE EMPLOYEE MEMBER ASSISTANCE PROGRAM CAN!**

The EMAP offers a confidential support service and referral program for eligible participants of the UFCW Local One Health Care Fund. It is designed to help you and your family with personal issues such as:

- Stress
- Parenting
- Depression
- Grief/Loss
- Anxiety
- Relationships
- Family
- Marriage
- Work Issues
- Alcohol/Drug
- Legal
- Financial

Eligible members and their dependents can call for help 24 hours a day, 7 days a week.

### **IS THERE A COST?**

You may receive up to five (5) EMAP sessions at no cost.

**PHONE:** 866.269.7357

**VISIT:** <https://hmc.personaladvantage.com/>

**ACCESS CODE:** LOCALONE

### **What's New?**

As of December 1, 2016, you have a choice of selecting face-to-face visits or sessions via telephone; just let us know what you prefer!

**A**lways Caring  
lways Here...

Program Administered by: