

# UFCW



## Employee Member Assistance Program

For an appointment, call HMC/APS

# 1-866-269-7357

Relationships/Marriage

Workplace Concerns

Alcohol/Drugs

Stress/Anxiety

Depression

Parenting

Finances

Family

Legal

Aging

Grief

**Take advantage of our Short-Term,  
Confidential and Professional  
Counseling Services**

Whatever the stresses, UFCW Local One Health Care Fund in coordination with HMC/APS Healthcare can provide assistance to both you and your dependents.

Free Services are available 24 hours a day, seven days a week.

**Anytime. Anywhere. Help is Here.**

**Members with full Health Care coverage receive up to 5 visits with no co-pay.**

**Members covered under Plan M or with no coverage receive referral services only and website access.**

In addition to counseling services, the EMAP also provides you with access to a host of web-based resources and tools. Log on to:

**[WWW.APSWorkLife.com](http://WWW.APSWorkLife.com)**

**Your Username: UFCW One**

**Password: LocalOne**

*A program administered by*

**HMC Companies**

**APS Healthcare**

