

Employee Member Assistance Program

For an appointment, call HMC/APS

1-866-269-7357

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

Relationships/Marriage

Workplace Concerns

Alcohol/Drugs

Stress/Anxiety

Depression

Parenting

Finances

Family

Legal

Aging

Grief

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.**

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

Your Username: UFCW One - Password: LocalOne

A program administered by

**HMC Companies
APS Healthcare**

