

# Teamsters Miscellaneous Security Trust Fund

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February 2006

**To: All Active and Retired Participants of the Teamsters Miscellaneous Security Trust Fund Enrolled In Health Net, PacifiCare or the Medical Reimbursement Plan**

**From: The Board of Trustees**

**Re: Member Assistance Program (MAP)  
Teamsters Miscellaneous Security Trust Fund**

The Board of Trustees of the Teamsters Miscellaneous Security Trust Fund has selected Managed Health Network (MHN) and Health Management Concepts, Inc. (HMC) as the new service provider to provide you and your family with mental health and chemical dependency benefits effective March 1, 2006.

In order to receive benefit payments, you must contact MHN/HMC before receiving treatment for mental and nervous and/or chemical dependency problems. To ensure that you and your eligible dependents receive quality care the Member Assistance Program (MAP) includes a gate keeping system, inpatient and outpatient case management and an exclusive provider network for mental and nervous disorders and chemical dependency problems. By acting as a gatekeeper, MHN/HMC's clinical specialist can coordinate appropriate, quality and needed care.

**FAILURE TO CALL MHN/HMC PRIOR TO BEGINNING TREATMENT WITH EITHER OUTPATIENT COUNSELORS OR INPATIENT (HOSPITAL) TREATMENT WILL RESULT IN NO PAYMENT OF ANY BENEFITS. BENEFITS WILL ONLY BE PAID FOR MHN/HMC AUTHORIZED SERVICES. CALL MHN/HMC AT 1-800-977-7287.**

## **Transition Benefits for Participants Currently in Treatment with PacifiCare Behavioral Health Outpatient Providers**

Effective March 1, 2006 you must receive treatment from an MHN/HMC provider in order to receive any benefits for mental health and chemical dependency services. However, a transition benefit for those persons in treatment with outpatient providers who are not MHN/HMC preferred providers as of the effective date (March 1, 2006) will be provided. At the end of this transition period (May 1, 2006), no reimbursement will be made for any treatment received by a non-MHN/HMC preferred provider. Any participants that are currently receiving treatment with a PacifiCare Behavioral Health provider will need to contact MHN/HMC on March 1, 2006 to

coordinate transition of care. All new services must be preauthorized. If your existing provider is not part of the MHN/HMC provider network, please call MHN/HMC so they can contact your provider with an offer to join their panel of network providers. Beginning February 1, 2006 participants may call MHN/HMC at 800-977-7287 or log onto their website at <http://members.mhn.com> for further information. Please register on the website using Company Code: teamstersmisc

You may contact MHN/HMC at any time during this transition period and obtain a referral to a MHN/HMC provider in order to receive benefits.

Attached please find a description of your Mental Health and Chemical Dependency Care Benefits. Please read this description carefully so that you understand the options available to you.

For assistance and information please call:

**MHN/HMC**

**(800) 977-7287**

# TEAMSTERS MISCELLANEOUS SECURITY TRUST FUND Member Assistance Program

Beginning March 1<sup>st</sup>, **Managed Health Network (MHN) and HMC Companies, Inc., (HMC)** will serve as the new provider for participants in ***The Teamsters Miscellaneous Trust Fund Member Assistance Program (MAP)***.

MHN/HMC is an organization of medical doctors, psychologists, social workers, and counselors and support staff who provide confidential professional assistance. Our founding companies have worked with Labor Union Funds such as Teamsters Miscellaneous for nearly thirty years.

We would like to take this opportunity to remind you and your eligible dependents of this important benefit that is available to you, as well as highlight some improvements.

The Member Assistance Program helps employees and their families solve their problems as soon as possible so that families will be spared unnecessary pain. It has been well documented that the sooner one confronts and takes steps to solve a personal problem, the more likely it is that the personal problem is solved. Some examples of the problems MHN's counselors can help with include:

- Marriage & Family Issues
- Emotional Difficulties
- Alcohol/Drug Dependency
- Stress Management
- Work & Life Worries
- Child & Adolescent Concerns

Enhancements to your benefits include:

- 1. Unlimited Telephonic Consultation Services.** With everyone's busy schedule, it's sometimes difficult to see a counselor. Our consultations are designed to provide you and your family with the flexibility of consultations at a convenient time from the privacy of your own home. You can even make appointments for evenings and Saturdays. And with one-call appointment scheduling, it's easy to get started.
- 2. Unlimited Free Access to MHN's Premier Website.** This state-of-the-art website allows participants to locate a provider and get authorization for an appointment online. Also included are databases and information on locating childcare and eldercare providers in your area. There are also interactive programs, self-tests and information on **Emotional Health, Family & Work, Finances & Legal Issues and Health & Fitness.**

To register for access (on or after February 1, 2006):

- Go to <http://members.mhn.com>
- Register using Company Code: **teamstersmisc**
- Create a username and password, then enter e-mail address and a password question

**Any participants currently receiving treatment with the existing vendor will need to contact MHN/HMC on March 1, 2006 to coordinate transition of care. All new services must be preauthorized.** If your existing provider is not part of our network, please call so we may contact your provider with an offer to join our panel. Beginning February 1<sup>st</sup>, participants may call **800-977-7287** or log onto the website for further information.

**Remember, 24/7 CONFIDENTIAL HELP is only a phone call away.**

## **(800) 977-7287**

Sincerely,  
Your Friends at MHN/HMC

## Teamsters Miscellaneous Security Trust Fund Schedule of Benefits

<b>EMPLOYEE/MEMBER ASSISTANCE PROGRAM</b>	
<p>3 sessions per incident at no cost to the member</p> <p><i>Telephonic EAP sessions are unlimited and do not count towards EAP session max.</i></p> <p><b>Member Services:</b> Clinical Sessions, Child/Elder Referrals, Legal/Financial Referrals, Tax Advisory, Organizing Life's Affairs, Concierge Services, Online Member Services</p> <p><b>Additional Services:</b> Training, Orientations, Job Performance Referrals, DOT Referrals, CISDs</p>	
<b>MENTAL HEALTH CARE BENEFITS</b>	
<b>Inpatient, Residential and Day Treatment</b>	<ul style="list-style-type: none"> <li>- No deductible</li> <li>- Up to 60 days maximum per calendar year</li> <li>- 100% Coverage</li> </ul>
<b>Outpatient Care</b>	<ul style="list-style-type: none"> <li>- Unlimited visits</li> <li>- \$0 Copay per Visit</li> </ul>
<b>Severe Mental Illness</b>	<p><b>Inpatient:</b></p> <ul style="list-style-type: none"> <li>- No deductible</li> <li>- Unlimited days</li> <li>- 100% Coverage</li> </ul> <p><b>Outpatient</b></p> <ul style="list-style-type: none"> <li>- Unlimited visits</li> <li>- \$0 Copay per Visit</li> </ul>
<p>* <b>Severe Mental Illness</b> – diagnosis include Schizophrenia, Schizoaffective Disorder, Bipolar Disorder, Major Depressive Disorder, Panic Disorder, Obsessive-Compulsive Disorder, Pervasive Developmental Disorder (Autism), anorexia, Bulimia nervosa, and Serious Emotional Disturbance of Children (SED)</p>	
<b>CHEMICAL DEPENDENCY BENEFITS</b>	
<b>All Levels of Care Inpatient, Detox, Rehab, Outpatient</b>	<ul style="list-style-type: none"> <li>- 100% Coverage</li> <li>- \$0 Copay</li> <li>- Subject to Benefit Maximum</li> </ul>
<b>Benefit Maximums</b>	<ul style="list-style-type: none"> <li>- \$15,000 annual maximum</li> <li>- \$25,000 lifetime maximum</li> </ul>

Pre-authorization is *mandatory* for all EAP, mental health and chemical dependency benefits.