

Office and Professional Employees Locals 30 & 537 Health & Welfare Trust Fund

Administered By: Benefit Programs Administration

Telephone • (800) 386-4350 • (562) 463-5065 • Facsimile (562) 908-7568 • www.opeiufunds.org

To: All Participants

Summary of Material Modifications

June, 2024

PARTICIPANT NOTICE

This participant notice will advise you of certain material modifications (plan changes) that have been made to the OPEIU Locals 30 & 537 Health and Welfare Fund (the Plan). This information is **very important** for you and your eligible dependents. Please take the time to read it carefully.

These changes become effective September 1, 2024.

New Benefit Available under Major Medical Plan Employee Assistance Program

Employee Assistance Program

To access services:

1-800-342-8111 / TTY: 711

resourcesforliving.com Username: OPEIU Password: EAP

For participants in the Major Medical Plan, an Employee Assistance Program (EAP) is being added to the Plan, administered by Aetna and known as Resources for Living. The EAP benefit provides up to 8 counseling sessions per issue (see below), and participants can call 24 hours a day for in-the-moment well-being support. Resources For Living is a program sponsored by the Plan that is available at no cost to you and all members of your household. Counseling sessions are available face to face, as well as video or chat therapy via Talkspace (see Talkspace section below). Services are free and confidential for a wide range of issues you may be dealing with, including:

- Anxiety
- Depression
- Family issues
- Grief and loss
- Relationship support
- Self-esteem and personal development
- Stress management
- Substance misuse and more
- Work/life balance

Additionally, the EAP program offers daily life assistance to help you find resources for:

- Care for older adults
- Caregiver support
- Child care, parenting and adoption
- Community resources/ basic needs
- Home repair and improvement
- Household services and more
- Pet care
- School and financial aid research
- Special needs
- Summer programs for kids

Talkspace – Talkspace is an online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist — from anywhere, at any time. With Talkspace, you can send unlimited text, video and audio messages to your dedicated therapist via web browser or the Talkspace mobile app. No commutes or appointments needed. You'll continue to message the same therapist unless you request to change providers; your therapist will reply to you daily, during their business hours — five days a week.



Summary of Material Modifications (Continued)

counts as one visit; you can work on the same kinds of issues you'd see a counselor face-to-face to talk about.

Note: Many face-to face counselors offer video appointments. This is different from Talkspace and each video appointment counts as one visit.

Legal services - You can get a free 30-minute consultation with a participating attorney for each new legal topic related to things like criminal law, divorce, wills, elder law, estate planning, etc. If you opt for services beyond the initial consultation, you can get a 25 percent discount. You also have free access to legal documents and forms on your member website.

Financial services - You can get a free 30-minute consultation with a participating attorney for each new legal topic related to things like budgeting, credit and debt issues, college funding, retirement, and other financial planning. You can get a 25 discount on tax preparation services. You also have access to financial articles, calculators and a financial assessment on your member website.

Identity theft services — The program provides for one hour fraud resolution phone consultation or coaching about ID theft prevention and credit restoration. Services include a free emergency kit for victims.

Online resources - Your member website offers a full range of tools and resources to help with emotional well-being, work/life balance and more. You'll find:

- Adult care and childcare provider search tool
- Articles and self- assessments
- Live and recorded webinars
- Mobile app
- Stress resource center
- Video resources

Reminder to Kaiser Members Wellness Tools

Similar benefits related to well-being are currently available for Kaiser members, through Kaiser. Kaiser offers a full range of mental health and substance use disorder and addiction care resources for adults, teenagers, and children. On demand applications are also available for download such as Calm (meditation and sleep) and Headspace Care (One-on-one emotional support coaching by text, self-care activities, and more - available 24/7). In addition to your mental health / substance use benefits (in-person, phone, video, and email), on-demand tools and resources can be accessed anytime at kp.org/mentalhealth.

Board of Trustees Changes

The membership of the Board of Trustees of the Plan changes from time to time. The current members of the Board of Trustees are as follows:

EMPLOYER TRUSTEES

Mr. Ron Miller
c/o Benefit Programs Administration
1200 Wilshire Blvd., Fifth Floor
Los Angeles, CA 90017-1906
(562) 463-5000

Mr. Rodney "Michael" Cobos
c/o Benefit Programs Administration
1200 Wilshire Blvd., Fifth Floor
Los Angeles, CA 90017-1906
(562) 463-5000

EMPLOYEE TRUSTEES

Ms. Jacqueline White-Brown
c/o Benefit Programs Administration
1200 Wilshire Blvd., Fifth Floor
Los Angeles, CA 90017-1906
(562) 463-5000

Ms. Marianne Giordano
c/o Benefit Programs Administration
1200 Wilshire Blvd., Fifth Floor
Los Angeles, CA 90017-1906
(562) 463-5000

Mr. Leon Marzillier
c/o Benefit Programs Administration
1200 Wilshire Blvd., Fifth Floor
Los Angeles, CA 90017-1906
(562) 463-5000

Ms. Maribel Spillard
c/o Benefit Programs Administration
1200 Wilshire Blvd., Fifth Floor
Los Angeles, CA 90017-1906
(562) 463-5000

Mr. Joel Barton
c/o Benefit Programs Administration
1200 Wilshire Blvd., Fifth Floor
Los Angeles, CA 90017-1906
(562) 463-5000

If you have questions, please contact the Trust Office at the phone number or website below.

Benefit Programs Administration
1200 Wilshire Blvd, Fifth Floor
Los Angeles, CA 90017-1906
(562) 463-5065 or toll free at (800) 386-4350
website: www.opeiufunds.org

Sincerely,

THE BOARD OF TRUSTEES

In accordance with ERISA reporting requirements, this document serves as your Summary of Material Modifications (SMM) to the Plan and we are advising you of these Plan changes within 60 days of the adoption of the Plan changes. Receipt of this notice does not constitute a determination of your eligibility. If you wish to verify eligibility, or have questions regarding these Plan changes, contact the Administrative Office.