

# Your Member Assistance Program

San Francisco Electrical Workers  
Health & Welfare Trust  
For All Blue Shield HMO, Kaiser and  
Self Funded PPO participants



Life can be a scramble. You juggle work and personal responsibilities, trying to make ends meet, and unexpected problems always seem to pop up. Your Member Assistance Program (MAP) can help.

Your MAP offers assistance and support for a wide range of issues, including:

- Loss and Grief Support
  - Legal and Financial Consultation
  - Anxiety and Stress
  - Drug and Alcohol Problems
  - Marriage and Family Issues
- ...and more

**PacifiCare®**  
Behavioral Health

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Call toll-free:  
**(877) 225-2267**  
or log on to  
**www.liveandworkwell.com**  
access code: SFEW

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Helping you get  
the **most**  
out of **life**

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