



*Live well, live balanced, live life*



## Counseling

As a **MTEch Mechanical** employee, you and your household members are entitled to **free and confidential counseling services** for everyday issues including stress, anxiety, depression, family issues, drug and alcohol abuse, relationships, death and grief, and work related issues. Available 24/7!

*Now available through digital online messaging! Call us for details.*



## Online

Your online **Personal Advantage** service helps you reduce stress, find balance in your life, and develop yourself personally and professionally with thousands of forms, articles, assessments, and online training on everything from resilience and wellbeing resources to financial forms and computer software skills.



## Your info

**12 counseling sessions per life situation\*, per year** for you and each household member.

**To access counseling services:**  
Call MINES at 1-800-873-7138

**To access online resources:**  
Visit [minesandassociates.com](http://minesandassociates.com)  
Username: **mttech**  
Password: **employee**



## Legal & Financial

Your Financial and Legal benefits from MINES entitles you and your household members to a **free 30-minute office or telephone consult** per separate legal or financial matter. Additionally you will receive a **25% discount** on select services needed after the initial consult.



## Work/Life

Balancing work and family can be difficult. For everything from finding the right care for your children or elderly loved ones, to knowing where to find a good pet sitter, MINES can help. Call for **unlimited work/life services** to help find the right provider for your needs so you can rest easy.



## Wellness

No matter your wellness goals, MINES can help. Use up to **4 free and confidential wellness sessions** per year with professional coaches to help you assess your level of wellbeing, set goals around your individual needs, and check-in to ensure you're on track for success.

\*Per Life Situation: A distinct, separate and new life event. A MINES case manager will review requests for additional sets of sessions. Continuation of counseling is not a separate, distinct and new life event. This guide is for informational purposes only. Call MINES for details.

## Your Counseling Services

Your contract year: 6/1 - 5/31

As a MTEch Mechanical employee, you and your household members are entitled to up to **12 counseling sessions per life situation\*, per contract year**, free of charge. When you call in for a referral, you can choose to be scheduled for a face-to-face appointment in an area of your choosing (near your office, near your home, etc.) or you may choose to access your sessions telephonically or through digital online messaging. The use of your Employee Assistance Program is strictly confidential and available 24/7. We are here to help with the everyday issues that come up in your life, including:

- Stress
- Career
- Family Issues
- Death and Grief
- Anxiety
- Financial Problems
- Drug/Alcohol Abuse
- Eating Disorders
- Depression
- Legal Referrals
- Relationships
- Work-Related Issues

## Your Online Benefits

Your online *Personal Advantage* page contains thousands of resource articles, self-search locators, interactive online training, wellness self-assessments, and videos. You will also find a wealth of online resources under categories ranging from grief and loss to managing your 401k.

Visit: [www.MINESandAssociates.com](http://www.MINESandAssociates.com)

Your log-in information is: USERNAME: **mttech** PASSWORD: **employee**

## Your Financial/Legal Benefits

Each employee, and their household members, is entitled to one initial 30-minute office or telephone consult per separate legal matter at no cost with a network attorney. You also have financial counselors to advise you via telephonic consultations that are limited between thirty and sixty minutes per issue. Other tools under the MINES financial/legal benefit include mediation, tax consultation and preparation, and "Do-it-Yourself" legal forms and document preparation.

## Your Work/Life Referral Services

Finding the right dependent care provider can be a time-consuming and exhausting endeavor. You and your household members have access to unlimited specialized work/life services that provide information, research, and referrals for childcare, eldercare, and convenience services. This can include:

- Assisted Living Facilities
- Caregiver Support
- Community Services
- Medicare/Medicaid
- Childcare centers
- Adoption Services
- New Parents/Pregnancy
- Special Needs
- Fitness Classes
- Home-based Services
- Pet Care
- Repair Services

## Your Wellness Coaching

Each employee and their household members can utilize up to 4 sessions per year to access free and confidential 20 to 30-minute telephonic coaching sessions to help reach individual wellness goals. Each certified wellness coach can help assess current wellness needs around a variety of topics, help you set specific wellness goals, and do regular progress checks to help answer questions along the way to help you reach your wellness objectives. Topics include weight loss, fitness, nutrition, healthy habits, stress, health concerns, caffeine reduction, injury recovery, physical training, relationship development, sleep issues, smoking cessation, and more.

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