

# Welcome



Members and Dependents of the

## SAN MATEO

International Brotherhood  
of Electrical Workers



**Did you know** that as a member of the San Mateo IBEW, you now have an exclusive benefit available for you and your family?

**Substance abuse problems reach everyone** at one time or another; it is your response that makes the critical difference. Letting substance abuse problems go unresolved could lead to stress, anxiety, depression, poor work performance, family instability and reduced overall health.

As a member of the San Mateo IBEW, you and your family now have a way to respond through Beat It! Employee Assistance Programs, when personal problems interfere with home and work life.



### WHAT IS AN EAP?

The San Mateo IBEW and Beat It! Employee Assistance Programs, as part of your health plan benefits, have teamed to develop an easy to use, confidential benefit to assist you or your eligible dependents with issues such as substance or alcohol abuse, marital difficulty, financial, legal and many other issues that can

dramatically affect your home and work life.

Beat It! EAP provides you solutions in resolving problematic issues. With 20 years experience with the skilled trades, Beat It! understands better than anyone your unique needs and has the resources available to address any concern.

### IS IT CONFIDENTIAL?

All Beat It! EAP personnel, its affiliates, providers and staff are bound by strict confidentiality regulations and cannot release information without your prior written consent.

### HOW DO I GET HELP?

Getting advice or assistance is as easy as dialing the phone, call **1.800.828.3939** or visit our website [www.beatiteap.com](http://www.beatiteap.com) to contact a employee assistance professional, who will help identify potential problems, assess your needs and guide you to a quick resolution or refer you to a treatment specialist.



### WHAT ABOUT TREATMENT PROVIDERS?

We have an extensive network of carefully selected providers and resources that are knowledgeable, effective and experienced in addressing situations similar to yours. A full range of treatment facilities, programs, counselors and professionals are available to meet your needs.

### Services Available Include:

- Acute Inpatient
- Residential Inpatient
- Intensive Outpatient Programs
- Individual Therapy
- Professional Referral

### WHAT DOES IT COST?

In most cases, these services are available at minimal direct cost, however, please consult your health plan booklet or United Administrative Services for specific detailed information and note that **ALL** services **MUST** be **PRE-AUTHORIZED** through Beat It! EAP.



**1-800-828-3939**

**Building better lives,**  
one step at a time.

[www.beatiteap.com](http://www.beatiteap.com)