

PRIORITIZE YOUR
MENTAL HEALTH



HOUSE STAFF BENEFITS PLAN

SUPPLEMENTAL MENTAL HEALTH OUTPATIENT REIMBURSEMENT

Supplemental Mental Health Outpatient Reimbursement

This method allows you and/or a dependent to be reimbursed at **80%** of the out of pocket session cost, not to exceed **\$160** per session. The maximum reimbursement is up to **\$5000** per year per person. **Please remember to attach the corresponding proof of payment to the claim form. An example of proof of payment can be viewed below.**

Mental Health Copay Reimbursement

This method allows you and/or a dependent to be reimbursed at **100%** of the session's copay cost, by using a provider that is covered **coverage provided by your insurance provider**. The maximum reimbursement is up to **\$5000** per year per person. **Please remember to attach the Explanation of Benefits (EOB) from your insurance provider and proof of payment to the claim form.**

Therapy, LCSW, P.C.

Statement

101 Main Street

Date: 7-7-2023

New York, NY 10010

Phone (212)-555-9999

therapist@thetherapy.com | www.thetherapy.com

Jane Doe

978 1st Ave

Apt 302

Brooklyn, NY 11365

Date	Transaction	Payment
7-7-2023	7809 Psychotherapy, 45 Minutes	\$200
	Credit/Debit (Mastercard – 8888)	(\$200)
		Balance: \$0.00

Submit all reimbursements through the [Member Portal](#) and complete all applicable fields within the claim form.

Employee Assistance Program (EAP)

- Anxiety
- Dependent Care & Caregiving
- Depression
- Drug and Alcohol Dependency
- Education
- Grief Assistance

- Legal & Financial
- Lifestyle & Fitness Management
- Parenting
- Pet Care

- **Work Issues**

Experiencing any of the personal or family issues listed above? For immediate and FREE assistance, you can reach out via a benefit called [WorkLifeMatters](#). You can talk to a Work Life consultant in real time and get immediate, interactive assistance 24/7. You can schedule services using their online contact form or call 1-800-386-7055.

If you have any further questions, please feel free to contact the Benefits Office at (212) 356-8180 or via email at benefits@cirbenefitfunds.org, Monday – Friday, 9:00 am – 5:00 pm EST.

Sincerely,
CIR Benefit Funds Office

10-27 46th Avenue, Suite 300-2, Long Island City NY 11101
Phone: (212) 356-8180 Fax: (212) 356-8181 benefits@cirbenefitfunds.org <https://www.cirseiu.org>

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