

PRIORITIZE YOUR MENTAL HEALTH



HOUSE STAFF BENEFITS PLAN

LA General, LAC-Harbor UCLA, Rancho los Amigos
MLK-OPC-CDU

SUPPLEMENTAL MAJOR MEDICAL

Supplemental Major Medical

As part of the House Staff Benefits Plan we encourage you to utilize the Supplemental Major Medical Reimbursement. This method allows you and/or a dependent to be reimbursed at **50%** of the out of pocket session expenses, including copayments and coinsurance charges per session. The maximum reimbursement is up to **\$1000** 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.**

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

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