



# Sheet Metal Workers Local 91 – Health and Welfare Fund

Dear Members & Eligible Dependents,

I am thrilled to share that SMW91 has partnered with Covenant Workplace Solutions (CWS) to bring you a comprehensive Lifestyle Employee Assistance Program (EAP). This program is thoughtfully designed to support you and your loved ones with a diverse range of resources that promote mental health, well-being, and overall success—both personally and professionally.

## **What is the Lifestyle EAP?**

The CWS Lifestyle EAP is a completely confidential, employer-sponsored benefit offering:

- **Mental Health Support:** Access to licensed professionals for counseling sessions.
- **Work-Life Resources:** Assistance with stress management, family concerns, financial or legal counseling, and many other situational challenges.
- **Wellness Tools:** Fitness programming, nutritional education, healthy recipes, self-help courses, media resources, practical strategies to help you thrive, and so much more.

## **Steps to Creating Your Account**

1. Goto: [www.CovenantWorkplaceSolutions.com](http://www.CovenantWorkplaceSolutions.com)
2. Click “LOGIN” at the top right of the home page
3. Click the link that says, “Create One,” at the bottom.
4. Fill out your first and last name, email address, create a password, enter your phone number, and company code.

➤ Your private company code: EAPSMW067

(For employee and family members within the immediate household)

5. Click “REGISTER”

## **Congratulations! Your account is now created!**

\*When accessing the self-help course media library (found in the Self-Help Resources section), Use coupon code EAPSMW067 to waive all fees.

**DON'T FORGET TO INVITE IMMEDIATE FAMILY MEMBERS WITHIN THE HOUSEHOLD TO SET UP THEIR ACCOUNTS.**



## Employee Assistance Program (EAP) Member Portal Sheet Metal Workers Local 91

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For a more in-depth video tutorial, go to:

**<https://tinyurl.com/CWSMemberPortal>**