



## LifeJourney and vCare

Member Family Assistance  
Program (MFAP)



**As part of your benefit plan, LiUNA Local 183 members now have access to LifeJourney, a new way to approach Member Family Assistance Programs (MFAP).**

**It's a single, integrated virtual service that provides you with 24/7 access to immediate, compassionate care directly through the vCare app.**

With LifeJourney, you and your eligible dependents will have access to additional resources to help with a wide range of challenges: legal and financial assistance, nutritional consultations, mental health support, and virtual care. And while LifeJourney is a digital platform, you will be guided by a Care Advocate at every step of your journey. Your Care Advocate will help you find the right resources and put together a personalized treatment plan to help you reach your health and wellness goals.

LifeJourney works with vCare to have all your wellness resources in one place – your primary care and MFAP in one convenient app. Once you've activated your vCare account, you will also have access to your extended LifeJourney resources.

Best of all is that your eligible family members also have access to vCare and LifeJourney so that the whole family can stay healthy and well.

- General medical advice
- Prescriptions
- Specialist referrals
- Lab work requests
- Diagnoses
- Mental health
- Case management
- Forms
- Allied health professionals

**Download the vCare app  
now to get started:**

**[liunacare183.com/vcare](https://liunacare183.com/vcare)**

**Or call 1-800-254-7223.**