

**Transportation • Communications • International Union**  
Los Angeles Metropolitan Transportation Authority  
Health & Welfare Trust Fund

Administered By: Benefit Programs Administration  
Telephone • (562) 463-5090 • (800) 427-5342

January 2011

To All Eligible Participants in the  
TCIU-LAMTA Health & Welfare Trust Fund's  
Fee-For-Service Medical Plan

Re: Mental Health and Chemical Dependency Benefits

Dear Participant:

Please be advised that effective **February 1, 2011**, the Mental Health/Chemical Dependency Benefits previously offered through Optum Health (formerly PacifiCare Behavioral Health) will no longer be provided through Optum Health and will instead be offered through the Transportation Communications International Union – Los Angeles Metropolitan Transportation Authority Health & Welfare Trust Fund's Fee-For-Service Medical Plan, see the Fund's Summary Plan Description (SPD). All Mental Health/Chemical Dependency Benefits for Eligible Participants enrolled in the Fund's Fee-For-Service Medical Plan will be paid in accordance with the current TCIU-LAMTA Health & Welfare Trust Fund's Fee-For-Service Medical Benefits. The only change is that the network of doctors available through the in-network benefit will be through the First Health network and not the Optum Health network effective February 1, 2011.

The EAP/MAP (member assistance program) will continue to be available through Optum Health. The EAP benefit does include 3 free sessions per year with a counselor.

If you should require assistance in finding a doctor or if you should have any questions regarding transition of care related to Mental Health benefits, please contact the Administrative Office at (800) 427-5342 or (562) 463-5090.

Sincerely,

The Board of Trustees of the  
TCIU-LAMTA Health & Welfare Trust Fund

LP:gj