ILWU-PMA BENEFIT PLANS /

International Longshore & Warehouse Union —
Pacific Maritime Association **www.benefitplans.org**

1188 FRANKLIN STREET • SUITE 101 • SAN FRANCISCO, CALIFORNIA 94109

PHONE (415) 673-8500
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ILWU-PMA Pension Plan
ILWU-PMA Welfare Plan

ILWU-PMA Watchmen Pension Plan

Date: May 7, 2025

To: ILWU Longshore, Ship Clerk, Walking Boss/Foreman, and Watchmen Locals

From: Mario Perez, Director of Benefit Plans

Subject: ILWU-PMA Coastwise Indemnity Plan (CIP) – Lyra Health Network

The attached notice and attachments regarding mental health coverage will be mailed to CIP families with at least one non-Medicare enrollee. There will be future mailings to CIP members on Medicare and also to Kaiser members.

Attachments

cc: Area Welfare Directors
ADRP Representatives

A copy of this memo can be downloaded at www.benefitplans.org.

MP:st/opeiu29aflcio/MTP Lyra Final 05062025-05072025

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May 2025

SUMMARY OF MATERIAL MODIFICATIONS

Important Notice
Regarding Your ILWU-PMA Welfare Plan Coverage

To: Active and Non-Medicare Retiree Participants and Dependents Enrolled in the ILWU-PMA Coastwise Indemnity Plan (CIP)

Subject: ILWU-PMA Welfare Plan – Lyra Health Network

Effective May 1, 2025, the following will apply to mental health coverage for active and non-Medicare retiree participants and dependents enrolled in the **Coastwise Indemnity Plan (CIP).**

Lyra Health Network and Toll-Free 24-Hour Hotline

To address the current national crisis regarding the accessibility and availability of behavioral health services, the Welfare Plan is adding the Lyra Health (Lyra) network as part of your in-network provider options for those enrolled in the Coastwise Indemnity Plan (CIP).

Lyra is able to support you in searching for and connecting with a behavioral health provider through its web-based platform or its telephonic Care Navigators. Through Lyra's online platform, or by contacting a Lyra representative over the phone, you can receive suggestions for Providers and book an appointment. Lyra's network includes both in-person and virtual providers to meet your unique needs. Lyra also has a library of digital self-help resources—like meditations, videos, and courses—for support in your personal life.

The Lyra phone number, **833-597-2295**, is available to participants toll free, 24 hours/day, 7 days/week. When you call, a Lyra Care Navigator will be able to answer questions about the mental and behavioral health benefits and services under the Welfare Plan, explain how to access benefits through Lyra, and help direct and assist you with reaching appropriate service providers covered under the Plan. If you are in a crisis, Lyra will assist in securing immediate mental and behavioral health services with a Lyra provider.

Lyra will directly file a claim with the Welfare Plan for the services it delivers. Your cost share for receiving services from a Lyra mental health provider will be the same as for any other in-network mental health provider under the Welfare Plan.

Please note that your other mental health benefits are not changing, the only change is the addition of another network of mental health providers. You will still have access to Blue Shield of California and Magellan Health in California or First Choice Health Network in Oregon and Washington. You will also continue to have substance use disorder treatment support through the Alcoholism/Drug Recovery Program (ADRP).

You can access Lyra's online platform by going to **benefitplans.lyrahealth.com** or by contacting the Lyra care team at **833-597-2295**. You must register with Lyra first (by phone or online) before you can access searches or connect with a Provider.

lyra

Healthier Mind, Stronger You —With Lyra

We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationships, or just want to feel better emotionally—Lyra's got you and your eligible family members covered.

Easy scheduling

Visit **benefitplans.lyrahealth.com** to register, answer a few questions, and schedule your first appointment with a mental health provider in as little as five minutes.

Individualized care

Lyra will match you with the right care program for your needs and a mental health provider who understands your unique background and identity.

Support for eligible family members

Receive specialized support for kids and teens, parents, and couples, so every family member can build skills and feel their best.

Care options that fit your schedule

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.

On-demand resources

Access a library of self-help resources—like meditations, videos, and courses—for support in your personal life.

Medication management

Consult with a specialized physician who can prescribe, or help you manage, your mental health medications.

Active Participants and their eligible dependents and Non-Medicare Eligible Retirees and their eligible dependents with coverage in the Coastwise Indemnity Plan (CIP) are eligible for Lyra.

Get started with care in just a few minutes—activate your benefit today.

Download the app

Visit: benefitplans.lyrahealth.com
Call: Lyra's Care Navigator Team at (833) 597-2295