



BROTHERHOOD OF LOCOMOTIVE ENGINEERS & TRAINMEN

GENERAL COMMITTEE OF ADJUSTMENT – Canadian National/Wisconsin Central Ltd

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Brothers and Sisters,

I am pleased to inform you the BLET CNWC GCA has recently put in place new benefits for all active dues paying members. These benefits are paid for with GCA funds and therefore ALL members have access to them effective August 1, 2023. More specifically, our GCA has partnered with ComPsych Guidance Resources to offer all members and their families five (5) free face to face counseling visits per calendar year. Whether it be you the member, your spouse, or your children, each dues paying BLET CNWC GCA member now has access to counseling services (outside of the CN's knowledge or involvement) for any reasons you and/or your family may find beneficial. I've attached a one-page document that provides more detail of the services offered through our partnership with ComPsych. Should you need to schedule an appointment, or if you desire to learn more, you can call them directly and provide the following information. I've also attached a Wallet Card that can be printed and/or saved for your future reference.

- Toll Free Line: 1-800-311-4327
- Online : guidanceresources.com
- App: GuidanceNow
- CNWC Web ID: GRE311

Additionally, we have furthered our partnership with Prudential, who serves as the underwriting insurance company for our GCA Voluntary Life Insurance and Short and Long-Term Disability insurance provider, to now offer all members Financial Wellness services as well. Whether you participate in the GCA Life and Disability plan or not, ALL active dues paying members now have access to a full suite of financial wellness resources. These resources include monthly seminars that you can log into or view seminars on topics that were previously recorded. Attached is a Prudential Financial Wellness Brochure which contains much more detailed information. Soon, I will follow up this email with an email containing the topics and dates of upcoming seminars.

In closing, these additional value-added benefits serve to help all members navigate whatever life issues you and your family face, while also giving you access to relevant financial information on any topic that may prove useful and beneficial for your financial well-being. As always, please don't hesitate to reach out if you have any questions.

Fraternally,
Eric