



# MASSACHUSETTS LABORERS' HEALTH & WELFARE FUND

P.O. Box 1501, 1400 District Avenue, Suite 200

Burlington, Massachusetts 01803

Telephone (781) 272-1000 • Toll Free (800) 342-3792 • Fax (781) 238-0703 • [claims@mlbf.org](mailto:claims@mlbf.org)

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## Effective July 1, 2026 – Important Changes to Your Health Plan

Dear Member:

The Board of Trustees for the Massachusetts Laborers' Health & Welfare Fund is pleased to share an important update to your health benefits.

Starting **July 1, 2026**, all behavioral health and substance use services will be provided through Blue Cross Blue Shield of Massachusetts (BCBSMA). This replaces services previously provided by Uprise Health (HMC Healthworks). All services provided by Uprise Health will be discontinued. Counseling sessions remain available through BCBSMA but are subject to the co-pay applicable under the plan.

This change will bring your medical and behavioral health benefits together under one carrier, making your care easier to access, better coordinated, and higher quality.

### What's Changing

- Behavioral health and substance use services will now be accessed through Blue Cross.
- Your medical and behavioral health benefits will be combined under one carrier - one network.

### What This Means for You

- **Simplified Access:** One phone number and one network for all care.
- **More Provider Options:** A larger network across Massachusetts and Northern New England.
- **Faster Support:** Quicker connection to care when you need it.

Your existing behavioral health benefits remain the same - only the network is changing.

### What You Need to Do

- Most members do not need to take any action. If you are receiving outpatient treatment, your provider is likely already in-network with BCBSMA.
- If you are currently receiving care at a higher level, support will be provided to help ensure continuity of care.

### 24/7 Crisis Support:

- If you are experiencing a clinical crisis, you may contact Spring Health's Clinical Crisis Hotline at 1-855-629-0554 (option 2), available 24 hours a day, 7 days a week, 365 days a year.

### How to Find a Provider

- Use the MyBlue App – Find a doctor.
- Visit [www.bluecrossma/findadoctor](http://www.bluecrossma/findadoctor) and select EPO as your network.

Please feel free to contact the Fund office at 1-800-342-3792 with any questions.

Sincerely,



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The Board of Trustees

## Summary of Material Modifications

This document is a Summary of Material Modifications ("SMM") to the Summary Plan Description ("SPD") for the Massachusetts Laborers' Health and Welfare Fund (the "Plan"). It describes changes to the Plan and supplements or modifies the information presented to you in the SPD and any prior SMMs. Please read this SMM carefully and keep it with your copy of the SPD for future reference. The changes described in this SMM are effective July 1, 2026, unless otherwise noted. If there is any conflict between this SMM and the SPD, the terms of this SMM will control.

If you have questions about the information in this SMM or want a copy of the SPD, contact the fund office: phone:800-342-3792; email: [eligibility@mlbf.org](mailto:eligibility@mlbf.org).

Este Resumen de Modificaciones Materiales contiene un resumen en inglés de sus derechos y beneficios del plan bajo el Massachusetts Laborers' Health & Welfare Fund.

Si tiene dificultad para comprender alguna parte de este resumen, comuníquese con la oficina del fondo al 800-342-3792. **Código BH726**

Este Resumo de Modificações Materiais contém um resumo em inglês de seus direitos e benefícios do plano do Massachusetts Laborers' Health & Welfare Fund.

Se tiver dificuldade para compreender qualquer parte deste resumo, entre em contato com o escritório do fundo pelo telefone 800-342-3792. **Código BH726**