**What are LAMP Benefits?**
(See Plan Document for specific benefit details)

Benefits are identical for members, regardless of enrollment in the Ultimate, Best, Better or Basic Plan.

- 5 visits with no co-pay when seen at the Center for Health and Lifestyle Management or with an In-Network Provider for Lifestyle Coaching.

- Additional visits are $15 each at the Center for Health and Lifestyle Management and $25 each with an In-Network Provider for Lifestyle Coaching.

- 1st visit with no co-pay when seen at the Center for Health and Lifestyle Management by a Psychiatrist, additional visits are $15 each. Each visit with an In-Network Psychiatrist is $25.

**How do I contact YourChoice LAMP?**

- Call (941) 741-2995
- For Tobacco program information, call (941) 741-2969
- LAMP offers a flexible schedule.
- LAMP Team is located at the Manatee Service Center within the Advocacy Program:
  
  600 301 Blvd. W. Suite 144
  Bradenton, FL 34205

- After normal business hours (Monday-Friday 9-5pm), call (941) 782-4617 for urgent support arranged through collaboration with local providers.

**Wellness Vision**
Manatee County believes that excellence in public service begins with a strong organizational commitment to improving the health, fitness and total well-being of our employees and their families.

**LAMP Mission Statement**
It is the mission of LAMP to empower members and their families to choose to live a life of comprehensive health and wellness. The LAMP program will provide members with services, support, training and education that will allow members to improve and maintain their emotional health and well-being over the course of their lifetime.

**Member Advocacy Program**
A Division of Manatee YourChoice Health Plan
(941) 741-2995
What is LAMP?
LAMP – Lifestyle Assistance and Modification Program - is the Manatee YourChoice approach to provide employees and their eligible dependents with assistance in addressing emotional and behavioral concerns. Services are designed to empower participants to make healthy lifestyle changes that can result in an improved quality of life. LAMP is a voluntary, confidential, solution-focused counseling and wellness coaching program.

LAMP is a component of The Center For Health and Lifestyle Management. It is staffed by trained behavioral health specialists with a wide variety of professional experiences and expertise. LAMP’s pre-authorization and referral service offers one-on-one, personalized assistance to help members access care from a network of providers. LAMP also offers an alternative, convenient option for in-house coaching, provided by a licensed professional.

In addition, LAMP offers individualized Tobacco Cessation coaching. Appointments and locations are flexible, designed to meet the needs of the member. LAMP can also provide worksite trainings. A LAMP training facilitator will come to your worksite and provide training on such topics as stress management, work/life balance, emotion management, behavior change, communication and teambuilding. Trainings are customized to meet the specific needs of the work group. Call (941) 741-2969 for tobacco program or worksite training information.

Why would I ever need to use LAMP?
We’ve all heard that old cliché, “Time flies when you’re having fun”. For most people these days, however, time just flies. The world is fast-paced, and sometimes overwhelming, trying to juggle work demands, health issues and personal responsibilities. These demands can have an impact on health, job performance, financial security, relationships and family. Whether seeking services for personal growth, everyday stressors or more urgent concerns, LAMP professionals are here to help you find your balance and reach your potential for personal wellness.

How Confidential is LAMP?
Everything you discuss with your LAMP Advocate is HIPAA mandated and strictly confidential, in accordance with all state and federal laws. No information is shared with anyone without your written permission. Information will never be shared with your employer unless you authorize its release.

What Services does LAMP provide?
Experienced certified and State of Florida licensed counselors help “YourChoice” members find solutions to stressors in a number of ways:
- Assessment and Screening
- Wellness Coaching
- Solution-focused Counseling
- Referrals
- Consultations
- Education
- Psychiatric evaluations and medication management

What Kinds of Stressors can LAMP Help Me to Resolve?
- Marital/Family/Work
  - Divorce
  - Communication
  - Domestic Violence
  - Aging Parents
  - Caregiver Needs
  - Job-Related stressors

- Emotional/Behavioral Problems
  - Depression/Anxiety
  - Mood Swings
  - Anger/Stress
  - Impulsivity/Disruptive Behavior in Children.

- Health Care Management
  - Depression and/or stress related to a diagnosis of diabetes, heart disease, obesity and other medical illnesses.
  - Education and Support to make lifestyle changes due to poor health habits, such as, problems with eating, tobacco use, chronic pain and weight loss.

- Addictive Behavior
  - Tobacco Dependency
  - Illicit Drug Abuse
  - Prescription Drug Abuse
  - Alcohol Abuse