

CWA B-HELP

CWA B-HELP is here to provide assistance to our members, stewards and locals with addressing the needs in all benefit areas with research, education and problem resolution.



Stacy Serna/Benefits Specialist
CWA BHELP

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CWA B-HELP



*Help Has
Arrived*



What is CWA B-HELP?

CWA B-HELP is a benefits specialist appointed by CWA District 9 to assist their members, stewards and locals with solving problems in various benefit areas. Whether you need help with a denied disability, lost benefits or just have questions in regards to any of your benefits CWA B-HELP has the knowledge and resources to get the issue resolved or the question answered.

CWA B-HELP also offers state disability and paid family care leave forms . If you do not have medical benefits and still need to get your prescriptions CWA B-HELP offers discount prescription cards for various pharmacies. Please call to request forms and discount prescription cards.

CWA B-HELP provides assistance in the following areas:

- Concessions
- Disabilities/Short Term/Long Term/FMD
- Disability forms for state of California
- Discount drug prescription cards
- FMLA
- FSA
- HRA
- Leave of absences
- Medical/Dental/Vision Plans
- Paid family care leave forms for state of California
- Pension plans
- SHPS
- 401K
- And any other benefit areas

How to contact CWA B-HELP:

If you need assistance or have any questions please contact:

Stacy Serna / Benefits Specialists

Phone: 925-823-5555

Toll Free: 888-823-5755

Fax: 925-901-0951

Email: BHELPCWA@att.com

If you are requesting state disability, paid family care leave forms or discount prescription cards you can call or email your request with your name, number and mailing address.



Help is a phone call away...