



MyLibertyAssist®

Employee Assistance Program

Employees covered under group long-term disability policies issued by Liberty Life Assurance Company of Boston are eligible for MyLibertyAssist® Employee Assistance Program (EAP) provided by Bensing, DuPont & Associates.

MyLibertyAssist: Employee Assistance Program (EAP)

MyLibertyAssist EAP services are available to the employee and his or her immediate family members.

Services	Financial	Legal	Family
<p>5 face-to-face sessions^{1,2}</p> <p>Telephonic assistance</p> <ul style="list-style-type: none"> - Available 24/7 - Marital/Family - Personal - Alcohol/Drug abuse - Stress/Anger - Death and dying <p>Also available</p> <ul style="list-style-type: none"> - Telephonic employer advice - Online access to information 	<p>Toll-free information line:</p> <ul style="list-style-type: none"> - Credit - Debt - Request educational material <p>Financial advice sessions:</p> <ul style="list-style-type: none"> - One free telephonic session and financial worksheet review 	<p>Assistance from attorneys:</p> <ul style="list-style-type: none"> - One free 30-minute telephonic or face-to-face session - Up to 25% employee discount on additional services <p>Assistance with:</p> <ul style="list-style-type: none"> - Document preparation - Divorce/separation - Real estate - Civil matters 	<p>Assistance from Work Life Specialists:</p> <ul style="list-style-type: none"> - One free telephonic session - Online access to information and provider locators <p>Assistance with:</p> <ul style="list-style-type: none"> - Child care - Elder care - Adoption - Education

1. In California, sessions are limited to three (3) in a six-month period, not to exceed a total of five (5) sessions per year.

2. Individual face-to-face sessions are available for covered individuals 16 years and older. Family/group face-to-face sessions are available for covered individuals 12 years and older, and their parents. Services are not available to children under the age of 12.



MyLibertyAssist EAP: Web Services

The MyLibertyAssist website is user-friendly and offers practical EAP-related information that addresses emotional wellbeing, health and wellness, and daily living concerns. Resources available include interactive self-assessments, a comprehensive library of articles and guides, and financial calculators. The website provides employees and their immediate family members with the information they need, 24 hours a day, seven days a week and is conveniently organized in the following categories:

Emotional Wellbeing: Self-help tools, self-assessments, and information on emotional resilience, self-esteem, and grief and bereavement, as well as guidance on how to access help for conditions such as anxiety, depression, and addiction.

Family Life: Resources to help address responsibilities and issues concerning family, such as pregnancy, child care, parenting, child and adolescent development, and eldercare. This site also includes a locator that allows users to search for child and eldercare options.

Healthy Living: Tips and articles on maintaining a healthy lifestyle. Topics include alcohol and substance abuse, nutrition, exercise, weight loss, wellness, and stress reduction.

Leadership Skills: Employee and supervisor work performance toolboxes with articles, and information to help develop workplace and leadership skills. Information on managing work-related issues such as conflict and communication are also available.

Legal/Financial Resources: Articles to help address financial and legal questions, such as debt, investments, retirement, taxes, bankruptcy, wills and estate planning, and identity theft. State-specific legal forms and documents are available for personal use and can be stored on a secure server. Financial calculators are also available for the following topics:

- Mortgage
- Loan
- Auto
- Credit cards and debt management
- Retirement saving and planning
- Savings

Better Living: A well-being resource tool that can be accessed and personalized through a confidential log-in. This site can help create wellness goals and easily track progress. It also includes self-assessments for behavioral health conditions.

To access MyLibertyAssist EAP

Online: www.bensingerdupont.com/MLA Password: MLASSIST

Telephone: 1-877-695-2789 (1-877-MYLBRTY)