



Liberty Mutual Group Benefits

MyLibertyAssist[®]

As an employee covered under your employer's Group Long Term Disability Policy issued by Liberty Life Assurance Company of Boston, you are eligible for MyLibertyAssist[®] assistance services provided by Bensinger, DuPont & Associates.

MyLibertyAssist[®]: Employee Assistance Program (EAP)

MyLibertyAssist[®] EAP services are available to you and your immediate family members.

Counseling	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 employee consultation - Online access to information 	<p>Toll free information line</p> <ul style="list-style-type: none"> - Credit - Taxes - Debt - Request educational material <p>Financial counseling sessions</p> <ul style="list-style-type: none"> - Scheduled phone counseling 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 - 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>Access to information:</p> <ul style="list-style-type: none"> - Child care - Elder care - Adoption - Education <p>Telephonic assistance</p> <ul style="list-style-type: none"> - One free 30 minute telephonic session <p>Web access:</p> <ul style="list-style-type: none"> - Available 24/7

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

²Individual face-to-face sessions are available for covered individuals sixteen years and older. Family/group face-to-face sessions are available for covered individuals twelve years and older, and their parents. Counseling and grief sessions are not available to children under the age of twelve.

MyLibertyAssist[®] EAP: Web Services

The MyLibertyAssist[®] website is user-friendly and offers practical EAP-related information that addresses emotional well being, health and wellness and daily living concerns. Available resources 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 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 elder care. This site also includes a locator that allows users to search for child and elder care 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, videos 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. Financial calculators are also available for the following topics:

- Mortgage
- Loan
- Auto
- Credit cards and debt management
- Savings

To access MyLibertyAssist[®] EAP

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

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