

Live Well



Assurant helps you live well with resources to support your physical, emotional, financial and social wellbeing. See below for a summary and visit [Live Well](https://www.assurant.com/live-well) on [MyAssurantBenefits.com](https://www.assurant.com/myassurantbenefits.com) for more information including [FAQs](#), [contacts](#), and more.



Physical Wellbeing

- Wellbeing resources and activities, health screening, personalized coaching, rewards and more via [MyWellbeing](#)
- *Anthem quality care and cost comparison tool and discounts: [Anthem](#)
- *24/7 NurseLine and health support programs for non-emergency health concerns: [Anthem](#)
- Board-certified doctors available live via 24/7 two-way video: [LiveHealth Online](#) (service key: assurant)
- Weight management: [WW](#)/Weight Watchers (employer code: 60301)
- *Type 2 diabetes risk factors and development of healthy habits: [Omada](#)
- *Type 1 or type 2 diabetes management: [Livongo](#) (registration code: Assurant)
- *Health & Vision Plans: [Anthem](#)
- *Dental Plan: [MetLife](#)
- *Prescription Plan: [Caremark](#)

**Plan enrollment required*



Emotional Wellbeing

- EAP (Employee Assistance Program): Free counseling and support services with trained counselors 24/7: [New Directions](#) (company code: Assurant)
- Therapy available live via two-way video: [LiveHealth Online](#) (service key: assurant)
- *Stress, depression and anxiety online and mobile app tools: [Anthem](#) (found under the Health and Wellness tab)
- *Convenient sleep testing and therapy: [Anthem](#)



Watch [Connect](#) for articles, testimonials, featured benefits resources, webinars, and more.

Register with vendor partners, receive communications and special offers.



Financial Wellbeing

- Personalized profile of your pay and the value of your benefits on Connect: [MyTotalRewards](#)
- Company match to secure your future through the 401(k) Plan: [Vanguard](#)
- *Health Savings Account to save money on a tax-free basis to help pay for health care expenses: [Anthem](#)
- *Flexible Spending Accounts to save on taxes for eligible health and dependent day care expenses: [Anthem](#)
- Commuter benefit to save on taxes for eligible commuter expenses: [HealthEquity](#)
- Subsidized back-up care: [Bright Horizons](#) (username: assurant and password: Assurant123)
- Credit union to assist with financial security for unplanned expenses: [Alliant](#)
- *Legal Assistance Plan through [LegalEASE](#) for valuable access to prepaid legal services. (Legal Corner available to all employees.)
- Renters insurance and contribution to the Assurant Cares Employee Support (ACES) Fund: [renters insurance](#)
- Income replacement if ill, injured or pregnant: [Lincoln Financial](#)
- Assurant [employee discounts](#) on Connect
- Tuition reimbursement: [AskHR](#)
- Shares of Assurant, Inc. stock at a discount during enrollment periods offered twice a year: [MyHR](#) and view account at [Morgan Stanley](#)

*Plan enrollment required



Social Wellbeing

- Assurant Cares - volunteer events and tracking, charitable contributions and Assurant company matches: [Assurant Cares](#)
- Local ECTs to deepen connections, foster teamwork and reinforce our culture, values and purpose: [Engagement Champion Teams](#)
- Recognize or connect with colleagues: [Yammer](#)
- Time away from work requests: [MyHR](#)
- 2021 U.S. holiday schedules: [AskHR](#)



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Questions?

Learn more at [MyAssurantBenefits.com](#)

Contact the People Experience Center
1-866-324-6513 or [MyHR@assurant.com](#)



While the company intends to continue these benefits, it reserves the right to change, suspend or terminate them in its sole discretion at any time. In the event of any discrepancy between the information contained here and the plan document or SPD, the plan document or SPD will control.