

# It's *Your* Journey. Live Well.

Assurant offers a diverse range of benefits under four Live Well pillars: **Physical**, **Emotional**, **Financial**, and **Social**.

Join [Virgin Pulse](#), a free, confidential app and platform to help you reach your personal wellbeing goals.



## **Physical. Your body and physical environment.**

Find resources on [myassurantbenefits.com/live-well/physical](https://myassurantbenefits.com/live-well/physical).

### **High-quality preventive and general health care**

- Free in-network preventive care<sup>13</sup>
- 24/7 NurseLine for general medical care and advice<sup>13</sup>
- 24/7 virtual care through the Sydney Health App<sup>13</sup>
- Vision benefits<sup>13</sup>
- Dental benefits<sup>14</sup>

### **Care for unique conditions or situations**

- 24/7 personalized care management support for chronic conditions<sup>13</sup>
- Blue Distinction facilities specializing in complex medical needs<sup>13</sup>
- AIM financial assistance for complex tests and treatments<sup>13</sup>
- Customized care for families with members on the Autism spectrum<sup>13</sup>
- Livongo diabetes coaching and resources<sup>13</sup>

### **Expert help to get the best care and the most from your benefits**

- Health Guides to help you navigate your care and benefits<sup>13</sup>
- My Medical Ally (ConsumerMedical) experts to help make informed decisions<sup>13</sup>

### **Resources for hopeful, expecting, or new parents**

- Lactation consulting through LiveHealth Online
- Building Healthy Families support through the Sydney Health App<sup>13</sup>
- WINFertility family planning support<sup>13</sup>

### **Subsidized weight management and healthy eating resources**

- Weight Watchers



## **Emotional. Your mind and balance.**

Find resources on [myassurantbenefits.com/live-well/emotional](https://myassurantbenefits.com/live-well/emotional).

### **General mental health and work-life support**

- Mental health and substance abuse benefits<sup>13</sup>
- 24/7 access to free virtual counseling through our Employee Assistance Program
- Video therapy through LiveHealth Online

### **Digital tools to build self-awareness and mindfulness**

- Headspace App for meditation and mindfulness
- Learn to Live, Cognitive Behavioral Therapy (CBT) online program to work on thought and behavior patterns that affect your wellbeing<sup>13</sup>

### **Support for more severe mental health conditions**

- Behavioral Health Resource Care Management, on-demand and long-term virtual mental health support for things like depression, anxiety, and substance abuse<sup>13</sup>

### **Sleep support**

- Sleep testing and sleep therapy<sup>13</sup>

<sup>13</sup>Anthem plan enrollment required | <sup>14</sup>MetLife plan enrollment required



## Financial. Your money: your current financial obligations and preparedness for your financial future.

Find resources on [myassurantbenefits.com/live-well/financial](https://myassurantbenefits.com/live-well/financial).

### Resources for saving, investing, and financial planning

- Traditional or Roth 401(k) and company match through Vanguard
- Competitive rates on savings accounts and loans through Alliant Credit Union
- Assurant stock at a 10% discount (Employee Stock Purchase Plan)
- Health Plan Accounts for out-of-pocket health care expenses<sup>13</sup>
- Flexible Spending Accounts to pay for health care and dependent care costs<sup>13</sup>
- MyTotalRewards personalized online snapshot of your total rewards
- Student loan debt support through Vanguard and Candidly

### Resources to help save on health care costs

- ALEX online support to help you understand your benefits options
- Vision discounts for frames, lenses, or contacts<sup>13,14</sup>
- Anthem Care Finder to compare costs for common health care services<sup>13</sup>
- Rx Savings Solutions to save money on prescriptions

### Savings on everyday expenses

- Variety of Assurant Employee Discounts
- Commuter Benefits Program pretax account for public transit

### Planning for the unexpected

- Short- and Long-Term Disability income replacement while on leave
- Critical Illness and Accident Insurance<sup>14</sup>
- Legal Assistance Plan for prepaid legal services and resources<sup>15</sup>

### Assistance for parents and caretakers

- Financial assistance for adoption or surrogacy
- Bright Horizons subsidized backup care and virtual tutoring for dependents

### Continuing education and aid

- Tuition reimbursement
- Courses in MyLearning to support your financial wellbeing



## Social. Your involvement with other people and communities around you.

Find resources on [myassurantbenefits.com/live-well/social](https://myassurantbenefits.com/live-well/social).

### Volunteering and donations

- Assurant Cares volunteer opportunities and charitable donation matching
- Emergency financial assistance through the Assurant Cares Employee Support Fund (ACES)
- Up to eight hours of paid volunteer time per year

### Engagement with Assurant colleagues

- Local Engagement Champion Teams to support employee engagement
- Employee resource groups to build community and inclusion
- Viva Engage internal social networking platform

### Personal time

- Holidays, paid time off, and unpaid time off to relax and rejuvenate

<sup>13</sup>Anthem plan enrollment required | <sup>14</sup>MetLife plan enrollment required | <sup>15</sup>LegalEASE plan enrollment required

Visit [Virgin Pulse](#): a customizable tool to build positive habits, stay accountable, track progress in one place, and reach your wellbeing goals in all four pillars.

- Easy to use
- Personalize your experience
- Add friends and family
- Build community
- Track healthy activities
- Earn rewards
- Take Virgin Pulse with you wherever you go
- Secure data

