

# 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](#) on [MyAssurantBenefits.com](#) for more information including [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)
- \*Future Moms: nurses available to help you have a healthy pregnancy: [Anthem](#) (found under the My Health Dashboard)
- Weight management: [WW](#)/Weight Watchers (employer code: 60301)
- \*ConsumerMedical for expert medical decision support: [Anthem](#) (found under the My Health Dashboard)
- \*AIM for assistance with high-tech radiology exams, musculoskeletal and pain management solutions: [Anthem](#)
- MyLearning: [Supporting Your Wellbeing Learning Path](#)
- \*Fertility benefits: [WINFertility](#)
- \*Type 1 or type 2 diabetes management: [Livongo](#) (registration code: Assurant)
- \*Health and vision plans: [Anthem](#)
- \*Dental plan: [MetLife](#)
- \*Prescription plan: [Caremark](#)



## 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)
- \*Learn to Live: Stress, depression and anxiety online and mobile app tools: [Anthem](#) (found under the My Health Dashboard)
- \*AIM for convenient sleep testing and therapy: [Anthem](#)
- App for mindfulness, meditation and sleep support: [Headspace](#)



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

Register with vendor partners, receive communications and special offers.

*\*Plan enrollment required*



## 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](#)
- Rx Savings Solutions for personalized guidance and savings: [RxSS](#)
- Commuter benefit to save on taxes for eligible commuter expenses: [HealthEquity](#)
- Subsidized back-up care: [Bright Horizons](#) (user name: assurant / password: Assurant123)
- Adoption and surrogacy assistance: [WINFertility](#)
- Credit union to assist with financial security: [Alliant](#)
- \* [LegalEASE](#) for 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 including pet insurance, electronics, vacation/recreation and more.
- 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](#)



## 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: [Global ECT Support Team](#)
- Recognize or connect with colleagues: [Yammer](#)
- Time away from work requests: [MyHR](#)
- 2022 U.S. holiday schedules: [AskHR](#)



## Live Well

### Questions?

Learn more at [MyAssurantBenefits.com](#)

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



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