

MyLibertyAssist[®]

Employee Assistance Program

Liberty Mutual Insurance is pleased to offer an employee assistance program through an arrangement with Bensinger, DuPont & Associates.



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[®], an employee assistance program (EAP) provided by Bensinger, DuPont & Associates.

MyLibertyAssist: Employee Assistance Program

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

Services	Financial	Legal	Family
<p>Face-to-face sessions^{1,2,3}</p> <p>Telephonic assistance</p> <ul style="list-style-type: none"> Available 24/7 Marital and family Personal Alcohol and drug abuse Stress and 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"> 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 and separation Real estate Civil matters 	<p>Assistance from work life specialists:</p> <ul style="list-style-type: none"> 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. Covered individuals are eligible for a combined total of five (5) face-to-face sessions with BDA clinicians. 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. Face-to-face sessions are not available to children under the age of 12.

3. Covered individuals with complex and/or longer-term problems will be referred by your BDA clinician to another professionally trained clinician. This referral will be billed to your health insurance plan or a community provider and does not count toward your five (5) grief and/or legal sessions.

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 the 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, and information to help develop workplace and leadership skills. Information on managing work-related issues such as conflict and communication are also available.

Legal and 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

To access MyLibertyAssist EAP

Online: bensingerdupont.com/MLA Password: MLASSIST
Telephone: 877-695-2789 (877-MYLBRTY)

