



# MyLibertyAssist®

## Employee Assistance Program

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® Employee Assistance Program (EAP) provided by Bensinger, DuPont & Associates.

### MyLibertyAssist: Employee Assistance Program (EAP)

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

Services	Financial	Legal	Family
<b>5 face-to-face sessions<sup>1,2</sup></b>  <b>Telephonic assistance:</b> <ul style="list-style-type: none"> <li>- Available 24/7</li> <li>- Marital/Family</li> <li>- Personal</li> <li>- Alcohol/Drug abuse</li> <li>- Stress/Anger</li> <li>- Death and dying</li> </ul> <b>Also available:</b> <ul style="list-style-type: none"> <li>- Online access to information</li> </ul>	<b>Toll-free information line:</b> <ul style="list-style-type: none"> <li>- Credit</li> <li>- Debt</li> <li>- Request educational material</li> </ul> <b>Financial advice sessions</b> <ul style="list-style-type: none"> <li>- Scheduled phone counseling sessions and financial worksheet review</li> </ul>	<b>Assistance from attorneys:</b> <ul style="list-style-type: none"> <li>- One free 30-minute telephonic or face-to-face session</li> <li>- 25% employee discount on additional services</li> </ul> <b>Assistance with:</b> <ul style="list-style-type: none"> <li>- Document preparation</li> <li>- Divorce/separation</li> <li>- Real estate</li> <li>- Civil matters</li> </ul>	<b>Access to information:</b> <ul style="list-style-type: none"> <li>- Child care</li> <li>- Eldercare</li> <li>- Adoption</li> <li>- Education</li> </ul> <b>Telephonic assistance:</b> <ul style="list-style-type: none"> <li>- One free 30-minute telephonic session</li> </ul> <b>Web access:</b> <ul style="list-style-type: none"> <li>- Available 24/7</li> </ul>

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. 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. Services are not available to children under the age of 12.



## **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 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 eldercare. This site also includes a locator that allows users to search for child and eldercare 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](http://www.bensingerdupont.com/MLA) Password: MLASSIST

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