

MyLibertyAssist®

Employee Assistance Program (EAP)

Liberty Mutual Insurance* is pleased to offer an EAP through an arrangement with Morneau Shepell.



As an employee covered under your employer's group long-term disability and/or life policy from Liberty Mutual, you are eligible for MyLibertyAssist, an EAP provided by Morneau Shepell.

MyLibertyAssist: EAP

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"> Unlimited 24/7/365 telephonic assessments Text Live chat via website <p>Assistance with:</p> <ul style="list-style-type: none"> Marital and family concerns Stress and anxiety management Depression Alcohol and drug abuse Grief and loss <p>Also available:</p> <ul style="list-style-type: none"> Resource center for daily living discounts Better Living wellness portal 	<p>Assistance from financial counselors:</p> <ul style="list-style-type: none"> Address financial concerns Request educational material <p>Financial advice sessions:</p> <ul style="list-style-type: none"> One free telephonic session and financial worksheet review <p>Assistance with:</p> <ul style="list-style-type: none"> Financial Planning Credit and Debt Management Real Estate/ Mortgage Information 	<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 and care consultants:</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 <p>Care consultant assistance with:</p> <ul style="list-style-type: none"> Apartment locators Home repair contractors Pet care and training Transportation and travel

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 Morneau Shepell 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 Morneau Shepell 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.

* Liberty Mutual Insurance ("Liberty Mutual") is the marketing brand for Liberty Mutual Group and its related subsidiaries. Group insurance products and services are offered by Liberty Life Assurance Company of Boston, a Liberty Mutual company.

MyLibertyAssist EAP: Web Services

The MyLibertyAssist website is user-friendly and offers practical EAP-related information that addresses emotional well-being, 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 and is conveniently organized in the following categories:

Health and Well-Being: Improve your physical and mental well-being with helpful health information. Utilize self-help tools, self-assessments, and information on emotional resilience, self-esteem, grief and bereavement, as well as guidance on how to access help for conditions such as anxiety, depression, and addiction.

Career and Workplace: Access tools to help you manage your career, better handle workplace relationships, and find work-life balance. Resources include 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 is also available.

Financial Security: Achieve financial well-being with a better understanding of financial matters. Read 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

Life Events: Find useful information to better inform and support you during life events and times of change. Resources are available 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.

To access MyLibertyAssist EAP
Online: workhealthlife.com/mlassist
Telephone: 877-695-2789

