

It's *Your* Journey. Live Well.

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

Join MyWellbeing (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.

High-quality preventive and general health care

- Free in-network preventive care¹
- 24/7 NurseLine for general medical care and advice¹
- 24/7 virtual care through the Sydney Health App¹
- Vision benefits¹
- Dental benefits²

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

- Health Guides to help you navigate your care and benefits¹
- Virtual Second Opinion (My Medical Ally) experts to help make informed decisions¹

Resources for hopeful, expecting, or new parents

- Lactation consulting through LiveHealth Online
- Building Healthy Families support through the Sydney Health App¹
- WINFertility family planning support¹

Care for unique conditions or situations

- Virtual PrEP Care program for HIV preventive treatment support
- Sword Thrive virtual physical therapy for musculoskeletal issues
- Sword Bloom virtual pelvic health care solution
- 24/7 personalized care management support for chronic conditions¹
- Blue Distinction facilities specializing in complex medical needs¹
- AIM financial assistance for complex tests and treatments¹
- Customized care for families with members on the Autism spectrum¹
- Teladoc Health (formerly Livongo) for diabetes coaching and resources¹

Subsidized weight management and healthy eating resources

- Weight Watchers



Emotional. Your mind and balance.

Find resources on myassurantbenefits.com/live-well/emotional.

General mental health and work-life support

- Mental health and substance abuse benefits¹
- 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 wellbeing¹

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 abuse¹

Sleep support

- Sleep testing and sleep therapy¹

¹Anthem plan enrollment required | ²MetLife plan enrollment required



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

Find resources on 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 Saving Account for out-of-pocket health care expenses¹
- Flexible Spending Accounts to pay for health care and dependent care costs¹
- 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 virtual assistant online support to help you understand your benefits options
- Vision discounts for frames, lenses, or contacts^{1,2}
- Anthem Care Finder to compare costs for common health care services¹
- Save money on prescriptions through Rx Savings Solutions and Caremark Cost Saver

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, Accident, and Hospital Indemnity Insurance²
- Legal Assistance Plan for prepaid legal services and resources³

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.

Volunteering and donations

- Emergency financial assistance in the wake of a catastrophic event / natural disaster 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

¹Anthem plan enrollment required | ²MetLife plan enrollment required | ³LegalEASE plan enrollment required

Join MyWellbeing (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 it with you wherever you go
- Secure data



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