

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 Plan Comparison Tool helps you understand your benefit 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 Saver¹

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. With MyWellbeing (Virgin Pulse), you can earn up to \$50 per quarter/\$200 during a full calendar year for completing wellbeing activities.

- Easy to use
- Personalize your experience
- Add friends and family
- Build community
- Track healthy habits and activities
- Earn rewards
- Take it with you wherever you go
- Secure data



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