

Employee Assistance Program

Professional support at no cost to you

There are times when your life takes more complex turns. You may find yourself dealing with issues or needs where an attorney's guidance can be beneficial. Maybe you want to get a handle on your financial situation. Or you're struggling to cope with the loss of a loved one.

Whatever the case, you have access to Legal, Financial and Grief resources from TELUS® Health at no cost to you because of your group insurance coverage.



Available services

Access professional services for a variety of needs - from legal matters and financial situations to coping with loss - through comprehensive web and mobile resources, as well as consultations.

- **Legal:** Includes resources such as will prep templates - and a free, 30-minute consultation per issue, by phone or in an attorney's office (additional services available at 25 percent discount)
- **Funeral planning:** Includes resources to make funeral arrangements, including a final wishes and funeral planning form and guidebooks, as well as a 10 percent discount on prearrangements and immediate-need end-of-life services
- **Financial:** Includes telephone consults or 45-minute counseling session per issue on many topics - from budget analysis to tax planning. Includes online access to a financial fitness assessment
- **Grief support:** Includes access to master's-level consultants by phone for any stage of grief and referrals for loss support
- **Well-being:** Includes a total well-being index with personalized recommendations for lifestyle changes, access to online self-guided programs to help with anxiety, depression and stress, as well as personalized fitness journeys based on personal goals

There is no additional fee or enrollment for these resources. Just access the services you need, whenever you need them. Your spouse and insurance-eligible children can also use these resources, even if they're not covered under the insurance program.



How to access:

LifeBenefits.com/Lfg

username: lfg

password: resources

1-877-849-6034

Insurance products are issued by Minnesota Life Insurance Company or Securian Life Insurance Company, a New York authorized insurer. Minnesota Life is not an authorized New York insurer and does not do insurance business in New York. Both companies are headquartered in St. Paul, MN. Product availability and features may vary by state. Each insurer is solely responsible for the financial obligations under the policies or contracts it issues.

Services provided by TELUS Health are their sole responsibility. The services are not affiliated with Securian Financial or its group contracts and may be discontinued at any time. Certain terms, conditions and restrictions may apply when utilizing the services. To learn more, visit the appropriate website.

Securian Financial is the marketing name for Securian Financial Group, Inc., and its subsidiaries. Minnesota Life Insurance Company and Securian Life Insurance Company are subsidiaries of Securian Financial Group, Inc.



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