

GROUP BENEFITS



GETTING SUPPORT
TO HELP YOU
MANAGE LIFE
IS SIMPLE.

Ability Assist®



Expertise without equal.
Benefits without burden.

ABILITY ASSIST® HELPS YOU COPE WITH LIFE.

Life presents challenges.

The Hartford's Ability

Assist program, offered by

ComPsych®, helps you and your
family cope with them.¹

From everyday issues like job pressures, relationships, retirement planning or finding child care to the unexpected personal impact of grief, loss, or a disability, Ability Assist can be your resource for professional support. You and your family, including spouse and dependents, have access to Ability Assist as long as you are covered by The Hartford's Long-Term Disability coverage.

COMPREHENSIVE, NOT COMPLICATED.

On the phone: Just one simple call.

- Simply call 1-800-96-HELPS (1-800-964-3577).
- Master's- and PhD-degreed clinicians available 24/7, 365 days a year through a toll-free number for assessment and consultations.
- Initial telephone assessment of concerns and referrals to resources and in-person providers as needed.

Straightforward answers to help you face a disability.

Ability Assist includes up to three face-to-face confidential sessions per occurrence per year with a counselor. Legal and financial assistance is available by telephone during regular business hours or by appointment.

- **Personal answers.** Access emotional and work-life counseling for a wide range of topics, such as stress, family or marital conflicts, major life changes, depression, effective parenting, chronic illness, and child and elder care.
- **Legal answers.** Get help for legal concerns, including buying a home, divorce, or adoption.
- **Financial answers.** Receive financial planning support for retirement planning, budgets, saving for college, debt, and more.



How Ability Assist helps you cope.

- Easy access to Master's- and PhD-degreed clinicians — toll-free, 24/7.
- Up to three face-to-face counseling sessions per occurrence per year.
- Financial, legal and work-life consultations by phone.
- Trusted online resources and tools.

Online: The point is simplicity.

An award-winning resource called GuidanceResources® Online (offered by ComPsych), provides trusted, expert information, resources, referrals and answers to everyday questions right from your desktop:¹

- Chat sessions with expert moderators.
- Research hundreds of personal health topics or search for child care, elder care, attorneys or financial planners.

When you visit **www.guidanceresources.com** as a first-time user, you'll be asked to provide the following information on the profile page:

- Your company/organization ID: HLF902.
- Create your own confidential user name and password.
- Add company name at the bottom of personalization page: abili.

AN EXPANDED NETWORK OF SUPPORT.

Additional help minus the complications.

To help you access additional help, Ability Assist makes referrals to local resources and services, such as self-help groups, senior centers, Certified Financial Planners and advocacy programs.





Confidentiality is guaranteed.

Use of these services is completely confidential. Your employer is not given personal information about who has used the service without written consent, except where required by law.

Trouble-free support in times of trouble.

We know what it takes to help you stay on your feet. You want support without the hassle. You need simple answers. Clear choices. For the twists and turns of life, know you can turn to The Hartford.

For the twists and turns of life,
know you can turn
to The Hartford.

Need more facts?
thehartford.com/employeebenefits
is a great place to start.

(Please cut here.) ✂

Ability Assist[®]

Getting support to help you
manage life is simple.



**THE
HARTFORD**

Call **1-800-96-HELPS** (1-800-964-3577)
24 hours a day, 7 days a week

GROUP BENEFITS



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¹ Ability Assist® and GuidanceResources® Online are provided by ComPsych. ComPsych is not affiliated with The Hartford and is not a provider of insurance services.



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Expertise without equal.
Benefits without burden.

Ability Assist is offered through ComPsych®

24/7 services include:

- Emotional, marital and family counseling.
- Substance abuse information.

Regular business hours (8 a.m. - 6 p.m., CST) services include:

- Legal and financial support from experienced professionals.

Log on to **www.guidanceresources.com** to create your own personal password and username.

Company ID: **HLF902** Company name: **abili**



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