

Life Services Website: An Employee Guide

A place to help improve your personal and financial wellness

Achieving wellness requires taking a balanced approach to caring for yourself — in both body and mind. In addition to Lincoln Financial Group's* group term life insurance, this educational life services website provides additional support to help you improve your overall well-being.¹



Personal Wellness: Access to helpful resources at times in your personal life when you may need them most.

| Wellness | Grief and Loss | Funeral Planning |
|--|---|--|
| <ul style="list-style-type: none">■ Access resources for a healthier lifestyle and emotional well-being.■ Select a variety of wellness articles related to emotional resilience, including stress reduction management. | <ul style="list-style-type: none">■ Access information on how to help yourself and others cope with a loss.■ Learn more about the different stages of grief and healthy coping strategies. | <ul style="list-style-type: none">■ Download the funeral planning guide to help organize a funeral or memorial service.■ Estimate and compare expenses for various types of funeral arrangements.■ Access information on funeral customs in different religions or cultures. |

Financial Wellness: Discover resources to help you make financial choices.

| Identity Theft | Legal | Financial |
|--|---|--|
| <ul style="list-style-type: none">■ Learn how to prevent and resolve identity theft issues.■ Help identify your level of risk for identity theft with a useful calculator tool.■ Access links to state laws regarding identity theft, and steps you can take to help prevent identity theft such as when a loved one dies. | <ul style="list-style-type: none">■ Create a legally binding, state-specific will and other personal legal documents online.■ Access checklists and information regarding estate, financial, and administrative matters.■ Learn about estate planning and access legal information on family law, real estate, financial concerns, and managing debt. | <ul style="list-style-type: none">■ Complete a financial well-being assessment.■ Access financial checklists, budgeting calculators, and tools to help increase financial awareness.■ Learn how to manage debt, improve your credit score, and handle creditors. |

Need to set up your MyLibertyConnection® account?

Register using company code:
smith-ee

To access the site, go to www.MyLibertyConnection.com and look for 'Life Insurance' under the 'Learn More' section.

¹ "Life Services" is available to employees and dependents covered by group life insurance programs issued by Liberty Life Assurance Company of Boston. "Life Services" is provided by Morneau Shepell. Liberty Life Assurance Company of Boston does not administer "Life Services".



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