



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 (Personify Health), a free, confidential app and platform to help you reach your personal wellbeing goals.



Physical: Your body and physical environment
Find resources at myassurantbenefits.com/live-well/physical.

PREVENTIVE AND GENERAL HEALTHCARE COVERAGE

- Comprehensive medical and prescription drug coverage¹
- Free in-network preventive care¹
- 24/7 NurseLine for general medical care¹
- 24/7 virtual care through the Sydney[®] Health app¹
- Vision benefits¹
- Dental benefits²

HEALTHCARE NAVIGATION AND CLINICAL SUPPORT

- Family Advocates to navigate care and benefits¹
- Clinical advocates to support specific health situations¹
- Sydney[®] Health app to facilitate connections to available resources¹

FAMILY PLANNING AND SUPPORT

- Six weeks of paid parental leave to bond with a new child (effective January 1, 2027)
- Lactation consulting through LiveHealth Online
- Building Healthy Families support through the Sydney[®] Health app¹
- WIN family planning support¹

PROGRAMS AND RESOURCES TAILORED TO SPECIFIC HEALTH NEEDS

- Sword Thrive virtual physical therapy for musculoskeletal issues¹
- Sword Bloom virtual pelvic health solution¹
- 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 for diabetes coaching and resources¹

SUBSIDIZED WEIGHT MANAGEMENT AND WELLBEING RESOURCES

- **Weight Watchers[®]** weight management program that combines nutrition guidance, behavior change strategies, activity tracking, and coaching support. Assurant subsidizes 50% of the cost of membership for employees.
- Personify Health wellbeing platform provides access to tools, personalized recommendations, educational resources, and programs designed to support healthy lifestyle habits at no cost to you.



¹ Anthem plan enrollment required; medical necessity may be required for some services

² MetLife plan enrollment required

³ LegalEASE plan enrollment required

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Emotional: Your mind and balance

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

MENTAL HEALTH AND WORK-LIFE SUPPORT

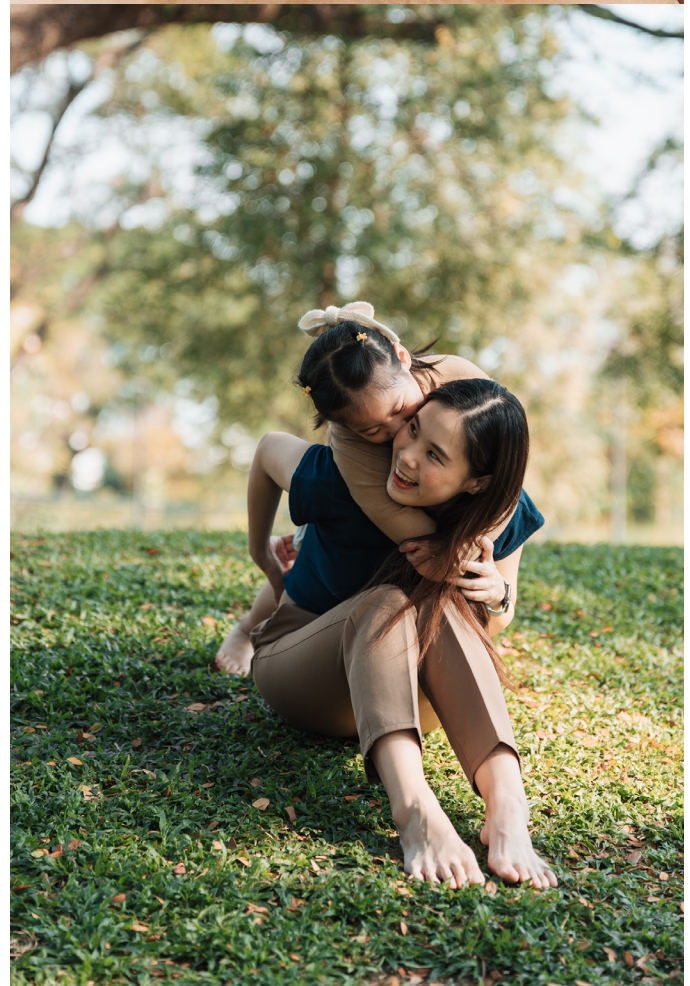
- Mental health and substance use benefits¹
- Behavioral healthcare management, including on-demand and longer-term virtual mental health support for needs such as depression, anxiety, and substance use¹
- 24/7 access to free virtual counseling through the Lyra Wellbeing Employee Assistance Program
- Video therapy through LiveHealth Online

EMOTIONAL WELLBEING TOOLS AND RESOURCES

- Headspace app for meditation and mindfulness
- Learn to Live cognitive behavioral therapy (CBT) online program to address thought and behavior patterns affecting wellbeing¹
- Headway platform to find and schedule care with in-network mental health providers, with options for virtual and in-person appointments¹

SLEEP MANAGEMENT SUPPORT

- Sleep testing and sleep therapy¹



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Financial: Your money; your current financial obligations and preparedness for your financial future
Find resources at myassurantbenefits.com/live-well/financial.

RESOURCES TO HELP SAVE, INVEST, AND PLAN AHEAD

- Traditional and Roth 401(k) plan through Vanguard with a 6% company match
- Competitive rates on savings accounts and loans through Alliant Credit Union
- Assurant stock at a 10% discount through the Employee Stock Purchase Plan
- MyTotalRewards personalized online snapshot of your total rewards
- Complimentary one-on-one financial consultations through MetLife

TOOLS AND RESOURCES TO HELP SAVE ON HEALTHCARE COSTS

- **ALEX** Plan Comparison tool to better understand your benefit options
- Vision discounts for frames, lenses, or contact lenses²
- Anthem Find Care tool to compare costs for common healthcare services¹
- Rx Savings Solutions and Caremark Cost Saver to help save money on prescriptions¹
- Health Savings Account (HSA)¹ and Flexible Spending Accounts (FSAs) to help pay eligible healthcare expenses using pretax dollars
- Assurant contributes up to \$500 for individual coverage or \$1,000 for family coverage to eligible employees' HSAs (you must open your HSA to receive the company contribution)

SAVINGS ON EVERYDAY EXPENSES

- Variety of Assurant employee discounts
- Commuter Benefits Program to save on eligible public transit expenses using pretax dollars

PLANNING FOR THE UNEXPECTED

- Short- and long-term disability income replacement while on leave
- Critical Illness, Accident, and Hospital Indemnity Insurance² to supplement healthcare coverage
- Legal assistance plan for prepaid legal services and resources³

ASSISTANCE FOR PARENTS AND CARETAKERS

- Financial assistance for adoption, surrogacy, and the purchase of donor eggs and sperm
- Coverage for eligible doula services, providing support throughout pregnancy, childbirth, and the postpartum period
- Bright Horizons subsidized backup care and virtual tutoring for dependents
- Dependent Care Spending Account to pay for eligible childcare and adult care expenses using pretax dollars

LEARNING, DEVELOPMENT, AND EDUCATION ASSISTANCE

- Tuition reimbursement
- Courses in MyLearning to support financial wellbeing
- Student loan debt support through Vanguard and Candidly

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Social: Your involvement with other people and communities around you
Find resources at myassurantbenefits.com/live-well/social.

COMMUNITY AND SUPPORT

- Emergency financial assistance in the wake of a catastrophic event or 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 and paid time off to rest, relax, recharge, and rejuvenate



Questions? Visit [ERIN](#).

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