



Life Services Website: An Employee Guide

Funeral planning | Identity theft | Grief & loss | Wellness | Legal & financial

Liberty Mutual Insurance is proud to offer an educational life services website with valuable information on funeral planning, identity theft, grief and loss, wellness, legal and financial planning, and online will preparation.

Our life services website offers easy-to-understand information on topics of concern for you and your dependents.¹ Life service's five areas of focus include:

1. Funeral planning

- A planning questionnaire and guide to outline different options when planning services
- A calculator to estimate funeral costs
- A locator to assist in finding funeral homes, cemeteries, and funeral service providers
- Guidance on activities such as obtaining a death certificate and writing an obituary
- Information on funeral customs of different religions or cultures

2. Identity theft

- Tips on how to prevent identity theft by protecting passwords and personal records
- A risk calculator to develop a personalized assessment of an individual's risk
- A recovery kit with step-by-step instructions on what to do after becoming a victim
- Forms needed to resolve identity theft-related issues

3. Grief and loss

- Guidance on how to cope with death — from saying good-bye to addressing legal and financial matters
- Information about grief, including the stages of grief, how to cope with grief, and ways to help others through the process
- Tips and techniques to support individuals experiencing post-traumatic stress disorder

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 these services.

4. Wellness

- Tips on healthy eating and weight management
- Guidance on exercise — from choosing a gym to assessing different types of workouts
- A comprehensive library of articles on emotional resilience and stress reduction and management

5. Legal and financial

- Learn more about real estate, such as buying and selling a home
- Review resources on family and elder care
- Access a variety of calculators to help determine mortgage payments, manage credit card debt, and save for college or retirement
- Create a legally binding will and legal documents online that can be revised, downloaded, and printed at any time

The life services website is accessed via the Learn More — Life Insurance tab on MyLibertyConnection®. **Username: MLLIFE**



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