

GROUP BENEFITS

TRUSTED  
200  
YEARS



THE HARTFORD

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.<sup>1, 2</sup>

**F**rom 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).
- Counselors available 24/7, 365 days a year through a toll-free number for assessment and consultations.

- Initial telephone assessment of concerns and reference to resources and in-person providers as needed.

## Face-to-face: Straightforward answers to help you face a disability.

Ability Assist includes up to five face-to-face confidential sessions per year with a counselor, financial planner and/or legal advisor, or split among the three types of services. The five sessions per year are a combined total for you and your family.

- **Personal answers.** You can 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.** You can get help for legal concerns, including buying a home, divorce, or adoption.
- **Financial answers.** Financial planning is available for retirement planning, budgets, saving for college, debt, and more.



## How Ability Assist helps you cope.

- Easy access to professionals — toll-free, 24/7.
- Up to five face-to-face sessions per year.
- Financial and legal consultation.
- 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:<sup>2</sup>

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

When you visit **[www.guidanceresources.com](http://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.
- Your company name: 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<sup>®</sup>**

Getting support to help you  
manage life is simple.



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

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<sup>1</sup> The Hartford® is The Hartford Financial Services Group, Inc. and its subsidiaries, including issuing companies Hartford Life Insurance Company and Hartford Life and Accident Insurance Company. Policies sold in New York are underwritten by Hartford Life Insurance Company. Home Office of both companies is Simsbury, CT.

<sup>2</sup> ComPsych®, the largest provider of employee assistance programs, managed behavioral health, work/life, and crisis intervention services provides Ability Assist® and GuidanceResources® Online. ComPsych is not affiliated with The Hartford and is not a provider of insurance services.



### Mixed Sources

Product group from well-managed forests and recycled wood or fiber  
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Expertise without equal.  
Benefits without burden.

Ability Assist is offered through ComPsych®, the largest provider of employee assistance programs.

Services include:

- Emotional, financial, and legal counseling.
- Substance abuse information.
- Child and elder care information and resources.
- Marital and family counseling.
- Work-life consultation.

**COMPSYCH**

Log on to **[www.guidanceresources.com](http://www.guidanceresources.com)** to create your own personal password and username.

Company ID: **HLF902**

Company name: **abili**