



Support for life's challenges

Symetra SupportSM services to help when needed most

Group life value-add programs



Travel assistance

Provides pre-trip planning information and emergency assistance while traveling 100 miles or more from home.



Identity theft assistance

Provides guidance and support if an identity is stolen—including help with card replacement, translation services, and notification of the incident to the three major credit bureaus.



Beneficiary assistance

Connects empathetic beneficiary assistance consultants with employees looking for support and guidance following the death of a loved one.



EstateGuidance[®]

A simple, secure and affordable online tool that allows insureds to select and prepare the documents they need for estate planning and final arrangements.

Group disability value-add programs



Employee assistance program (EAP) with will preparation

Provides up to five specialized support sessions per household per year¹ for mental health counseling, legal support or financial information, in addition to unlimited phone support and digital resources.



Well-being coaching

Available effective 1/1/26

One-on-one holistic support via telephone or video sessions for a wide range of issues that may affect an individual's well-being and ability to reach personal goals and milestones of success.



Computerized cognitive behavioral therapy (CCBT)

Available effective 1/1/26

A needs-based digital program that helps employees address behavioral health concerns such as:

- Reducing personal roadblocks
- Eliminating stress and anxiety
- Overcoming mental barriers
- Developing healthy habits

For more information, contact your benefits representative.

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Group benefits are insured by Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004. In New York, group benefits are insured by First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124.

Travel assistance, identity theft assistance and beneficiary assistance are offered through On Call International. EstateGuidance[®], EAP, well-being coaching and CCBT are provided by ComPsych. Value-added services may not be available in all states. On Call and ComPsych are not affiliated with Symetra Life Insurance Company or any of its subsidiaries. EstateGuidance[®] is a registered trademark of ComPsych Corporation.

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¹ Not to exceed three visits per person in a six-month period in California.



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