



Get to know MyGO

A convenient way for employees to access and manage group life, disability and absence plans online

My Group Online (MyGO)

is a convenient, user-friendly website that allows you to securely access and manage your Symetra benefits from anywhere, at any time.



For assistance creating or accessing your MyGO account, please call **1-866-216-7708**.



Here's what you can do on MyGO:

- ✓ **Start claims and manage coverage**
 - Start group disability and leave of absence claims.
 - Securely upload supporting claim documentation.
 - Self-register to check the status of a claim.
- ✓ **Access and print forms and policy information**
 - Download forms.
 - Find customer service contact information.
- ✓ **Manage claims payments**
 - View payment details.
 - Access electronic funds transfer (EFT) form for benefit payments.

Ready to get started?

1

Visit [symetra.com/MyGO](https://www.symetra.com/MyGO).

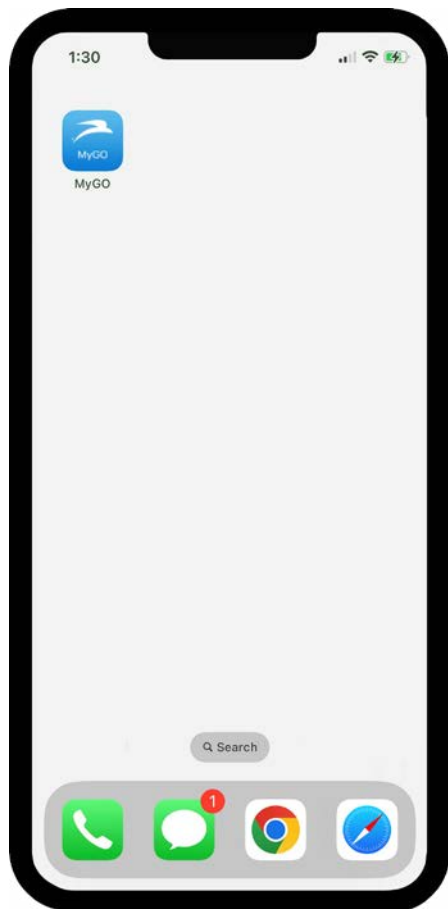
2

Start a claim.

3

Click “Log in” to create an account.*

*It may take up to 24 hours after your first claim for your MyGO account to become available.



Save MyGO to your phone's home screen for easy access.

> iPhone:

- Open [MyGO](#) in Safari.
- Tap the “Share” icon in the bottom-middle of the browser.
- Select “Add to Home Screen” and “Add.”

> Android:

- Open [MyGO](#) in Google Chrome.
- Open the settings menu by tapping the three vertical dots in the top-right corner of the browser.
- Select “Add to Home Screen” and “Add Automatically.”

For more information, contact your benefits representative.



www.symetra.com
www.symetra.com/ny

Symetra® is a registered service mark of Symetra Life Insurance Company.

Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004. First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124. Symetra Life Insurance Company is a direct subsidiary of Symetra Financial Corporation. First Symetra National Life Insurance Company of New York is a direct subsidiary of Symetra Life Insurance Company and is an indirect subsidiary of Symetra Financial Corporation (collectively, “Symetra”). Neither Symetra Financial Corporation nor Symetra Life Insurance Company solicits business in the state of New York and they are not authorized to do so. Each company is responsible for its own financial obligations.