



Support for *you* and your family members during a disability

When life presents challenges, you and your family may have a difficult time coping.

In addition to the stress of a disability, you may need help with concerns such as child and elder care, substance abuse, family relationships and work-life issues in order to be at your best – in the workplace and at home.

That's why The Hartford¹ offers Ability Assist, a program available to you at no additional cost if you've enrolled in long-term disability (LTD) coverage. You and your family can use these services for up to two years after *The Hartford has approved your LTD claim.*

Easy to Access and Confidential

Ability Assist gives you access to:

- Counselors who are available 24 hours a day, 365 days a year via a toll-free number
- Telephone assessments and consultations
- Confidential face-to-face sessions with a counselor, financial planner and/or legal advisor
- Referrals to local resources and services in your community such as community and governmental agencies serving the disabled, homemaker assistance, assistive equipment, and daycare for children or elderly parents
- Access to self-assessment tools, information and other resources through the password-protected Ability Assist interactive Web services

ABILITY ASSIST®

Support for you and your family during a long-term disability

1-800-96-HELPS
(1-800-964-3577)

Call when life's challenges keep you from being your best.



ABILITY ASSIST®

Ability Assist is offered through ComPsych®, a provider of employee assistance programs. Services include:

- Emotional counseling
- Substance abuse information
- Child and elder care information and resources
- Marital or family counseling
- Work-life consultation

COMPSYCH®
THE GUIDANCE RESOURCE COMPANY



Face-to-Face Counseling Support

To help you and your family members deal with the challenges of disability, Ability Assist offers five face-to-face assessment and counseling sessions (or equivalent professional time) after The Hartford has approved your LTD claim. Phone counselors will initially assess your personal concerns and provide referrals to appropriate resources and in-person providers.

You and your family members may use the five sessions with a counselor, financial planner or legal advisor, or split the sessions among the three types of professionals. You can receive assistance with emotional concerns, as well as financial planning and legal matters such as tax filing questions, serious debt issues and guardianship or power of attorney.

Use of these services is completely confidential. Your employer is not given personal information about who has used Ability Assist.

How to Access Ability Assist Services

To speak to a counselor or learn more about your Ability Assist plan, simply call 1-800-96-HELPS (1-800-964-3577). Or go to <http://groupbenefits.thehartford.com/abilityassist> and create your own confidential Username and Password by clicking on *Login to Ability Assist* and entering hlf902 as the Company ID.

Professional Services Provided by ComPsych®

Ability Assist services are offered by ComPsych Corporation, the largest provider of employee assistance programs, managed behavioral health, work/life, and crisis intervention services². For more information on ComPsych, visit www.compsych.com.

*At The Hartford, we deliver
on our promises every day.*

¹ The Hartford® is The Hartford Financial Services Group, Inc. and its subsidiaries, including issuing companies Hartford Life and Accident Insurance Company, Hartford Life Insurance Company, and Hartford Life Group Insurance Company. All benefits are subject to the terms and conditions of the policy. Policies underwritten by the issuing companies listed above detail exclusions, limitations, reduction of benefits and terms under which the policies may be continued in force or discontinued.

² Business Insurance, Annual Market Share Survey, March 29, 2004.