



# Wellness benefits built into your workplace disability insurance

## Helping to support your **body, mind, and wallet™**

When the unexpected happens, it's good to know that your workplace benefits can help get you through challenging times. With the disability insurance offered through your employer, you can rely on income replacement while you're unable to work. And as part of that coverage, you have access to built-in wellness benefits to help support your recovery and overall well-being.



### Caregiving support services

The Guardian + Wellthy caregiving support services included with your group disability insurance offer you personalized support that spans all phases of life. You'll have access to:

- **Care coordination:** Dedicated, hands-on support from specialists who get to know you and help tackle your to-dos.
- **Care planning:** Comprehensive care planning tools and resources in one centralized, accessible place.
- **Wellthy Community:** A peer-to-peer space where family caregivers can find support and exchange knowledge

**How to access this benefit:** Visit [guardianwell.com](https://guardianwell.com) to learn more about the caregiving support services available to you and get started today. First time users will need to register.



### Cancer support services

The Guardian + Osara Health cancer support program is available for individuals with a long-term disability claim due to a cancer diagnosis. It helps provide empathic, personalized, and confidential support as you navigate your diagnosis. You'll have access to:

- **A dedicated health coach:** One-on-one coaching for holistic support, education, and guidance with scheduled calls over 6-12 weeks that works around your schedule.
- **Digital resources:** Weekly resources sent directly to you, covering the key areas of cancer self-management.
- **The Osara Health app:** You can track symptoms and access tailored and verified well-being content.

**How to access this benefit:** If you make a disability claim for cancer, Osara Health will reach out to you directly to provide instructions on utilizing their services.

**Contact your Guardian service representative with any questions or if you need additional assistance.**

#### The Guardian Life Insurance Company of America

[guardianlife.com](https://guardianlife.com)

New York, NY

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Guardian's Group Disability Insurance is underwritten and issued by The Guardian Life Insurance Company of America, New York, NY. Products are not available in all states.

Osara Health ("Osara") is a vendor to The Guardian Life Insurance Company of America ("Guardian"). Osara and Guardian are not affiliated entities. Osara provides a personalized support program through certified health coaches to address cancer management issues for the benefit of a member ("Services"). Services are designed for members 18 years+ of age, diagnosed with cancer, regardless of cancer type, stage, or prognosis. Services are not meant to provide medical advice/care. Medical advice/care should be sought from your independent healthcare provider(s). Guardian does not control or provide any part of the Services and does not bear any liability for their provision. This informational resource is not a contract and is for illustrative purposes only. Only the policy contains applicable terms. Guardian and Osara reserve the right to discontinue Services at any time without notice. Services may not be available in all states.

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