



Helping *you* cope
with life's challenges

When life presents challenges, you and your family may have a difficult time coping. Even without 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 your best – in the workplace and at home.

Easy For You to Access

Ability Assist gives you and your family easy access to:

- Counselors who are available 24 hours a day, 365 days a year through a toll free number
- Telephone assessments and consultations
- 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 services, assistive equipment, and daycare for children and elderly parents
- Self-assessment tools, information and other resources through the password-protection Ability Assist interactive Web services.

Face-to-Face Counseling to Help You

As an employee, spouse or dependent, you're entitled to five face-to-face counseling sessions (or equivalent professional time).

Phone counselors will initially assess your personal concerns and refer you to appropriate resources and in-person providers. Your five sessions may be used with a counselor, financial planner or legal advisor, or split 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 the service.

How to Access Ability Assist Services

To speak to a counselor or learn more about Ability Assist, 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 services. For more information about ComPsych, visit www.compsych.com.

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

Ability Assist

*Helping you cope with life's
challenges and supporting you and your
family during a long-term disability.*

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



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

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