Automatic access to Lifestyle Benefits

Your employer’s group insurance programs help protect your financial wellness. And you and your family can rely on a suite of additional tools, support, guidance and services to help make life a little easier.

Legal, Financial and Grief resources from TELUS Health

Access professional services for a variety of needs - from legal matters and financial situations to coping with loss - through comprehensive web and mobile resources, as well as consultations.

- **Legal**: Includes resources such as will prep templates - and a free, 30-minute consultation per issue, by phone or in an attorney’s office (additional services available at 25 percent discount)
- **Funeral planning**: Includes resources to make funeral arrangements, including a final wishes and funeral planning form and guidebooks, as well as a 10 percent discount on prearrangements and immediate-need end-of-life services
- **Financial**: Includes telephone consults or 45-minute counseling session per issue on many topics - from budget analysis to tax planning. Includes online access to a financial fitness assessment
- **Grief support**: Includes access to master’s-level consultants by phone for any stage of grief and referrals for loss support
- **Well-being**: Includes a total well-being index with personalized recommendations for lifestyle changes, access to online self-guided programs to help with anxiety, depression and stress, as well as personalized fitness journeys based on personal goals.

How to access:

LifeBenefits.com/Lfg
username: lfg
password: resources
1-877-849-6034
There is no additional fee or enrollment for these resources. Just access the services you need, whenever you need them. Lifestyle Benefits are automatically available to active U.S. employees insured with Securian Financial. Your spouse and insurance-eligible children can also use these resources, even if they’re not covered under the insurance program.