

# WELCOME TO LIFE EXTRAS

The Assistance Program Especially For UniCare Life Insurance Members

## Dear UniCare Member,

As a part of your group Life Insurance program, we are pleased to provide you with Life Extras<sup>SM</sup>, a 24-hour, seven-day-a-week professional assistance service. Life Extras offers valuable resources that can help you balance the responsibilities and challenges in your personal life.

Life can get complicated, but helpful information and resources for major life events such as wills and estate planning, coping with grief and loss, dealing with life transitions and stress or how to talk to children about it are just a phone call or a mouse click away. You can call the toll-free number, **(888) 209-7840** to speak with a counselor or log on to the Web site to gain unlimited access to:

- **Living Well Library**—stocked with articles, tip sheets and checklists on mental and physical health;
- **Links and Reading Lists**—helpful resources covering issues important to employees and their families;
- **Legal and Financial Information**—online resources from the simple to the complex;
- **Online Work/Life**—a national database of resources and providers for child care and elder care. Information and tips on parenting, caregiving, wellness and everyday issues such as home repair, moving and relocation—even pet care—are just a mouse click away; and
- **Spanish capabilities.**



If you would like to visit the Life Extras Web site, go to  
[www.unicare.com/youreap](http://www.unicare.com/youreap)  
and log in using the Program Name: mylifeextras.

  
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The benefits offered under Life Extras are limited to one consultation per incident and in no event shall exceed three consultations within a six-month period. Life Extras provides telephone and Web services only; it is not an insurance policy and does not indemnify nor reimburse any subscriber or group for the cost of health care services. UniCare Life & Health Insurance Company, Tel. (877) UNICARE [www.unicare.com](http://www.unicare.com)  
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Life Extras<sup>SM</sup>

Program Name: mylifeextras

**CONFIDENTIAL**

Coping with Grief and Loss • Emotional Problems

Financial/Legal Problems • Relationships

**(800) 209-7840 • [www.unicare.com/youreap](http://www.unicare.com/youreap)**

  
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