

# Grief Counseling

## Comfort for you and your family

We know life's outcomes can be unpredictable. That's why grief counseling services are offered with your life insurance coverage to help provide comfort, encouragement and hope for you and your loved ones in your time of need — at no additional cost to you. Grief comes in many forms and whether it's help coping with a loss or major life changes, you can turn to professional counselors and support services provided through LifeWorks US Inc., to support you and your family moving forward.<sup>1</sup>

### Confidential Assistance available 24 hours a day, 7 days a week

Personalize counseling sessions to meet your needs\*. Choose to meet in-person or by phone with one of LifeWorks' network of licensed counselors who provide professional, confidential support during difficult times, including assistance with funeral planning needs.

#### Covered services, including but not limited to:

- Death of a loved one
- Receiving a serious medical diagnosis or critical illness
- Divorce
- Loss of a job

*\*If further counseling sessions are preferred in addition to what's covered in your plan, counselors can assist you with accessing professional services that fit your specific needs, preferences, finances and health insurance coverage.*

### Self service resources you can access at anytime

Sometimes you just need a little guidance. Get the level of support you need at your own pace. We offer professional self-help resources to help you through the grieving process. Online information available to you includes:

- End-of-life issues
- What to do after the death of a loved one
- Grieving well and getting better
- Funeral and memorial planning
- Adult care for surviving elders
- Single parenting

### Funeral assistance services when needed most

Professional counselors can also assist you, your loved ones, and your beneficiaries with customizing funeral arrangements through personalized one-on-one service. Licensed counselors can offer assistance by providing referrals, arrangement options as well as helpful information such as:

- Locating nearby funeral homes and cemetery options
- Obtaining funeral cost estimates from local providers; compare cost information; services offered and funeral planning options
- Identifying service providers such as florists, caterers and hotels
- Offering information about back-up care for children or elderly
- Providing information on notifying the Social Security Administration, banks and utilities
- Finding local support groups



To speak with a  
LifeWorks Counselor

**Call**  
**1-888-319-7819**

**Visit**  
**metlifegc.lifeworks.com**  
User Name: **metlifeassist**  
Password: **support**



- 1 Grief Counseling and Funeral assistance services will be provided by a third party, LifeWorks US Inc., under an agreement with MetLife.
- \* Coverage includes up to five face-to-face or telephone sessions per event.

**metlife.com**

Grief Counseling and Funeral Planning services are provided through an agreement with LifeWorks, US Inc. LifeWorks is not an affiliate of MetLife, and the services LifeWorks provides are separate and apart from the insurance provided by MetLife. LifeWorks has a nationwide network of over 30,000 counselors. Counselors have master's or doctoral degrees and are licensed professionals. The Grief Counseling program does not provide support for issues such as: domestic issues, parenting issues, or marital/relationship issues (other than a finalized divorce). For such issues, members should inquire with their human resources department about available company resources. This program is available to insureds, their dependents and beneficiaries who have received a serious medical diagnosis or suffered a loss. Events that may result in a loss are not covered under this program unless and until such loss has occurred. Services are not available in all jurisdictions and are subject to regulatory approval. Not available on all policy forms.



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