

Grief Counseling support for your beneficiaries

The loss of a loved one can be hard to deal with. That's why Beneficiary Grief Counseling services help by providing comfort, encouragement, and hope to your beneficiaries. This service is included at no additional cost with your life insurance coverage. We have partnered with LifeWorks, US Inc. to provide your beneficiaries with support from licensed professional counselors to help during this difficult time of need.¹



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

Personalized counseling sessions to help meet your beneficiary's needs. Your beneficiary is eligible for up to 5 counseling sessions.* Sessions can be in-person or by phone with one of LifeWorks' network of counselors who provide professional, confidential support during difficult times.

To speak with a
LifeWorks Counselor

Call
866-307-1405

Visit
metlifebene.lifeworks.com
User Name: **metlifebene**
Password: **support**

Self-service resources your beneficiaries can access at anytime

Rest assured knowing your beneficiaries will be able to get the level of support they need at their own pace. Self-help resources are available to help beneficiaries through the grieving process. Online information available has many self-service resources including:

- Dealing with grief
- What to do after the death of a loved one
- Coping with painful anniversaries

1. Beneficiary Grief Counseling 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. This program is available only to beneficiaries of MetLife group Life Insurance programs. Events that may result in a loss are not covered under this program unless and until such loss has occurred.

Nothing in these materials is intended to be advice for a particular situation or individual. Please consult with your own advisors for such advice. Like most group insurance policies, insurance policies offered by MetLife contain certain exclusions, exceptions, waiting periods, reductions, limitations and terms for keeping them in force. Please contact your benefits administrator or MetLife for costs and complete details.