

A convenient way to access and manage your benefits

Symetra Life Insurance Company

First Symetra National Life Insurance Company of New York

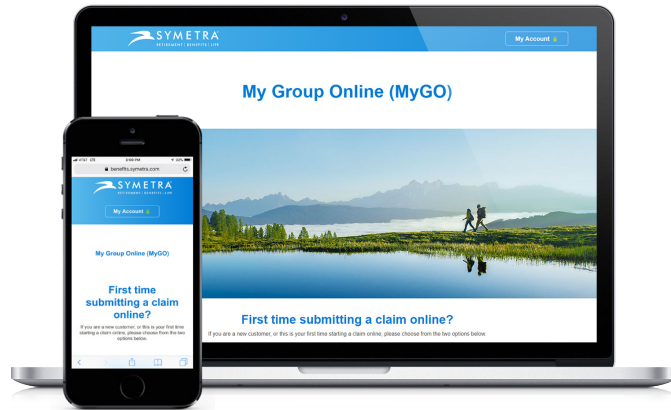
Select Benefits

My Group Online (MyGO)

is a convenient, user-friendly, online administration tool that allows you to securely access and manage your benefits information from your computer, phone, or tablet.

Your account is available 24 hours a day, 7 days a week.

Learn more at www.symetra.com/MyGO



Visit www.symetra.com/MyGO to:

Submit a claim

- Fill in your claim details, snap a photo of your itemized bill and hit submit.
- We'll send you a confirmation email letting you know we've got it.

Request an ID card

- Request an ID card via mail directly from your account. Requests are processed the next business day.
- Login to MyGO on your mobile device to generate an on-demand version.

Download forms

- Download and print important forms whenever you need them.



Add MyGO to your favorites for quick mobile access.

Ready to get started?

1 Visit symetra.com/MyGO

2 Create an online profile

3 Use the "My Account" button to log in



Contact your Human Resources representative for more details.

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Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004. First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124.

www.symetra.com
www.symetra.com/ny

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