

A convenient way to access your benefits information



Group Disability Insurance and Leave of Absence

Symetra Life Insurance Company
First Symetra National Life Insurance Company of New York

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, tablet or smartphone.

By signing in to your MyGO account you can initiate claims, view claim details and payment status, and much more.

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



Visit www.symetra.com/MyGO to:

- Initiate disability and leave of absence claims
- Self-register to view claim status and payment details
- Send documents securely to our claims team
- Contact claims customer service
- Download forms and other helpful claims process information



Add MyGO to your favorites for quick mobile access.

Ready to get started?



1 Visit symetra.com/MyGO.

2 Click “New user claim” to submit your first claim.

3 Create an online profile after receiving an email from Symetra.



Contact your Human Resources representative for more details.

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.
Symetra Life Insurance Company is a direct subsidiary of Symetra Financial Corporation. First Symetra National Life Insurance Company of New York is a direct subsidiary of Symetra Life Insurance Company and is an indirect subsidiary of Symetra Financial Corporation (collectively, “Symetra”). Neither Symetra Financial Corporation nor Symetra Life Insurance Company solicits business in the state of New York and they are not authorized to do so. Each company is responsible for its own financial obligations.

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

Symetra® is a registered service mark of Symetra Life Insurance Company.