

COVID-19 Bulletin from Guardian Life Limited

Dear Valued Customer,

We encourage you to stay healthy during this challenging time of the COVID-19 outbreak, and pay close attention to tips provided by the World Health Organization and the Ministry of Health & Wellness.

Here is a reminder of alternate options to pay your premiums:

- Register via our website at myguardiangroup.com
- Preauthorized payment
- Preauthorized credit card payment
- Internet Banking
- Electronic Funds Transfer
- Salary deduction
- Paymaster
- Bill Express
- JN Money Shop

If you have queries or need special assistance, please email us at guardian@myguardiangroup.com or call **888-GUARDIAN(482-7342)**.

Pensions: gllpensions@myguardiangroup.com
Health & Life: gllbdhelpdesk@myguardiangroup.com
Guardian Health: **888-633-3287**

Here's wishing you good health!
From Your Guardian Life Team