

# How to File a Claim

1. Go to [guardianlife.com](https://guardianlife.com) and click "Connect with us" and select "Forms & Claims" from the drop down menu
2. On the "Forms & Claims" page, select "Benefits through work" and choose "Submit a claim"
3. Select "I have my Group ID number" and enter your Group ID [041066] and click on the appropriate product
4. Follow instructions to submit claim to Guardian

