

LET US HELP

TOLL-FREE: 800-633-3353

WEBSITE: [www.mygroup.com](http://www.mygroup.com) >

My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

Always Available | Free | Confidential

Logo, company name

Description automatically generated

Self-Care Strategy

**Taking some "me time"**

Taking time for yourself can help you be more mindful and present. Self-care can be a proactive way to limit daily stress. We can help you learn more.

AUGUST 2022

YOUR MEMBER ASSISTANCE PROGRAM