

**Visit your home page starting August 18th**

**TOLL-FREE: 800-633-3353**

**WEBSITE:** [**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

**USERNAME: member specific**

**PASSWORD: guest**

**WHATEVER YOU NEED, WE ARE HERE TO HELP.***Just call or log on to get started.*

Your Member Assistance Program is there 24/7 with   
information and resources to help you work better, together.

**Outsourcing Your   
To-Do List**

**ONLINE SEMINAR**

Everyday mundane tasks can often drain our time and distract us from more high-value activities. By outsourcing the more thankless chores, we can discover a world of potential leading towards a happier and more fulfilling way of life.



**AUGUST 2020**