

Logo, company name

Description automatically generated

DECEMBER 2022

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

Taking Control   
of Stress

**Managing stress for success**

Stress may impact you in more ways than you realize. Contact us today so we can help you explore healthy ways to manage stress.

YOUR MEMBER ASSISTANCE PROGRAM