

toll-free: **800-633-3353**

Website: [**www.mygroup.com**](http://www.mygroup.com)

**My Portal Login > Work-Life >**

**Username: (organization specific)**

**Password: guest**

**News For You contains hurricane information resources and updates**

If you, or anyone in your family, has been   
affected by the recent hurricanes, let your   
Employee Assistance Program (EAP) help   
with professional counseling and guidance. Get

support and help with:

• Managing your feelings of stress and loss

• Communicating with children, elders, and friends

• Handling unexpected life events

• Counseling to support proactive efforts for

self-care and healthy living

YOUR EMPLOYEE Assistance Program SUPPORT PROGRAM



Always available. Always confidential.

*Affected by the stress of hurricanes?  
Your employee assistance program can help.*