

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

Perspective and Reframing

Approaching 2022 with a fresh perspective

Reframing is a good way to check in with yourself and see a situation differently. We can help you think about things realistically with a positive focus.

JANUARY 2022

YOUR MEMBER ASSISTANCE PROGRAM