

YOUR MEMBER ASSISTANCE PROGRAM

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

Taking good care of yourself

Self-care is key to our wellbeing. Make time for yourself every day. Try going outside and engaging with nature to help connect with yourself.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Be There for Yourself**

**JANUARY 2023**