

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

Digital Health

**Being more present**

Setting boundaries with screen time and how media is consumed may lead to healthy habits. We can help you learn strategies to set boundaries.

JULY 2022

YOUR MEMBER ASSISTANCE PROGRAM