

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



Exploring Nature

Taking new paths into the outdoors

Being in nature may reduce stress and increase positive feelings. Find ways to get outside and enjoy nature. We can help.

JUNE 2022

YOUR MEMBER ASSISTANCE PROGRAM