

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

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**PROGRAM**

**MARCH 2021**

Organize for Success

Have a plan and stick to it

This can limit stress and overwhelming feelings, and help you feel more in control and energetic. Just contact us so we can help.

Always Available | Free | Confidential

**MARCH 2021**