

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

For the good of your   
mental wellbeing

Setting boundaries is good for you and those around you. When you explain what you are okay with and are not okay with, people will understand your limits.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Healthy Boundaries**

**MARCH 2023**