

LET US HELP

TOLL-FREE: 800-633-3353

WEBSITE: www.mygroup.com > My Portal Login > Work-Life

USERNAME: association specific

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**YOUR MEMBER**

**ASSISTANCE PROGRAM**

**MAY 2021**

Anxiety and Awareness

Learn about tools and strategies to cope

There are ways to cope with and manage anxiety in your daily life, and we can help. Reach out, we can connect you to resources today.

Always Available | Free | Confidential

**MAY 2021**