

EMPLOYEE  
ASSISTANCE  
PROGRAM  
MAY 2018



## **LIFE 101**

### **BASIC SKILLS OF ADULTHOOD**

Get a handle on basic life skills to be self-reliant and prepared for anything.

Your Employee Assistance Program can help with:

- Articles on living alone, home maintenance, personal savings, and more
- Home safety checklist
- Legal information on buying a car or home
- FAQs on self-care and more

#### **CALL OR VISIT US ONLINE**

TOLL-FREE: **800-633-3353**

**www.mygroup.com**

USERNAME: **company specific**

PASSWORD: **guest**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

