

MAY 2020



Supporting Aging Parents

We help the kids become the caregivers

Caring for aging relatives requires a lot of logistics and love. Let us help you with the former so you can focus on the latter.

We can connect you with local providers that offer care for seniors, including senior activity centers, in-home care services, and even food delivery options. Don't face caregiving alone. Learn how we can help.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

TOLL-FREE: 800-633-3353

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

USERNAME: organization specific

PASSWORD: guest

YOUR EMPLOYEE ASSISTANCE PROGRAM

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