

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 MEMBER ASSISTANCE PROGRAM

Be a patient listener at   
work and home

Listening is important in a good conversation. Be open to learning by listening, and in turn, you may have a different understanding of situations at work or home.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

Logo, company name

Description automatically generated

**Speak Less, Listen More**

**MAY 2023**