

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

Always Available | Free | Confidential

Logo, company name

Description automatically generated

NOVEMBER 2022

Working Caregivers

**Balancing caregiving with work**

Taking care of children and/or parents while also working can be challenging. Reach out so we can help you find balance your life.

YOUR MEMBER ASSISTANCE PROGRAM