

LET US HELP

TOLL-FREE: 800-633-3353

WEBSITE: [www.mygroup.com](http://www.mygroup.com) > My Portal Login > Work-Life

USERNAME: association specific

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**YOUR MEMBER**

**ASSISTANCE PROGRAM**

**NOVEMBER 2021**

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Working Caregivers

You care for others, let us care for you

Taking care of your elderly family members is an important role, but you can only be your best when you support your own wellbeing.

Always Available | Free | Confidential