

**Living with Balance**

**Prioritize time away from work, too**

Connecting is easy: Work is just an email, call, or text away. Disconnecting, however, can be tough.

We want to help you achieve a healthy balance. Our work-life team offers tips on prioritizing free time, and managing stress.If you're feeling burnout already? Our qualified team can help you cope.

**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**](http://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.

**SEPTEMBER 2020**

