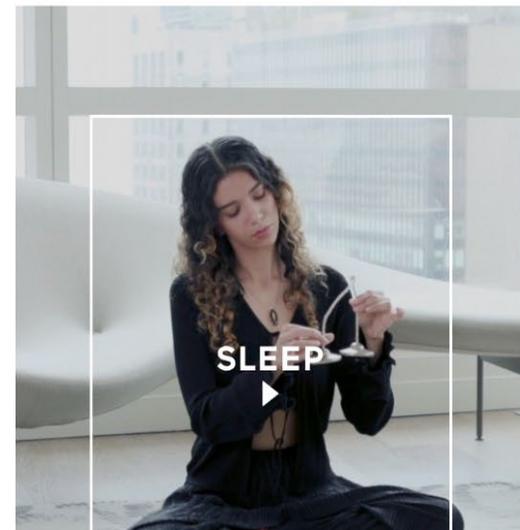
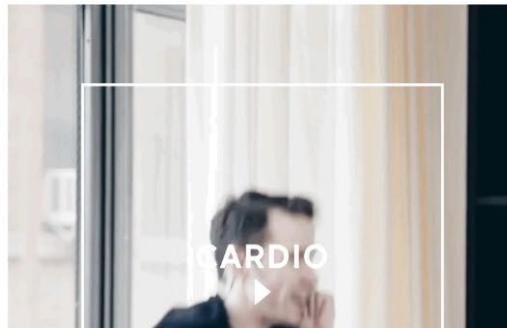
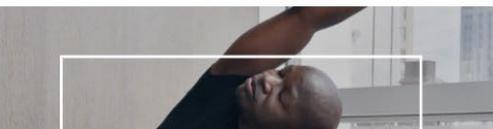
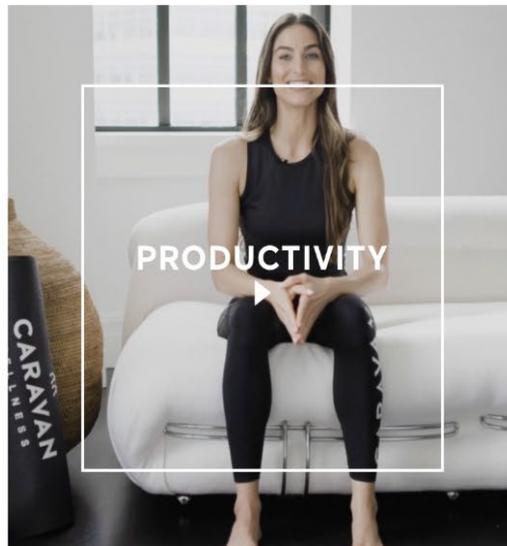


# New Content – Wellbeing Videos

## Wellbeing Videos

Wellbeing Videos are a new benefit available through your SAP. These videos range in topics from mental, physical, and practical wellbeing. In these videos, local hosts explain or showcase their science-backed practices, techniques, and rituals, producing modern content that is designed to be quick, engaging, and effective. You can find these videos using the login information below.



TOLL-FREE: 800.633.3353

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

USERNAME: organization specific • PASSWORD: guest

