



How to access your care

Simply call the EAP at **800.633.3353**
or visit **mygroup.com**

To ensure that you receive the best care
for your circumstances, a clinician will
assess your needs over the phone to
help identify the appropriate next steps.



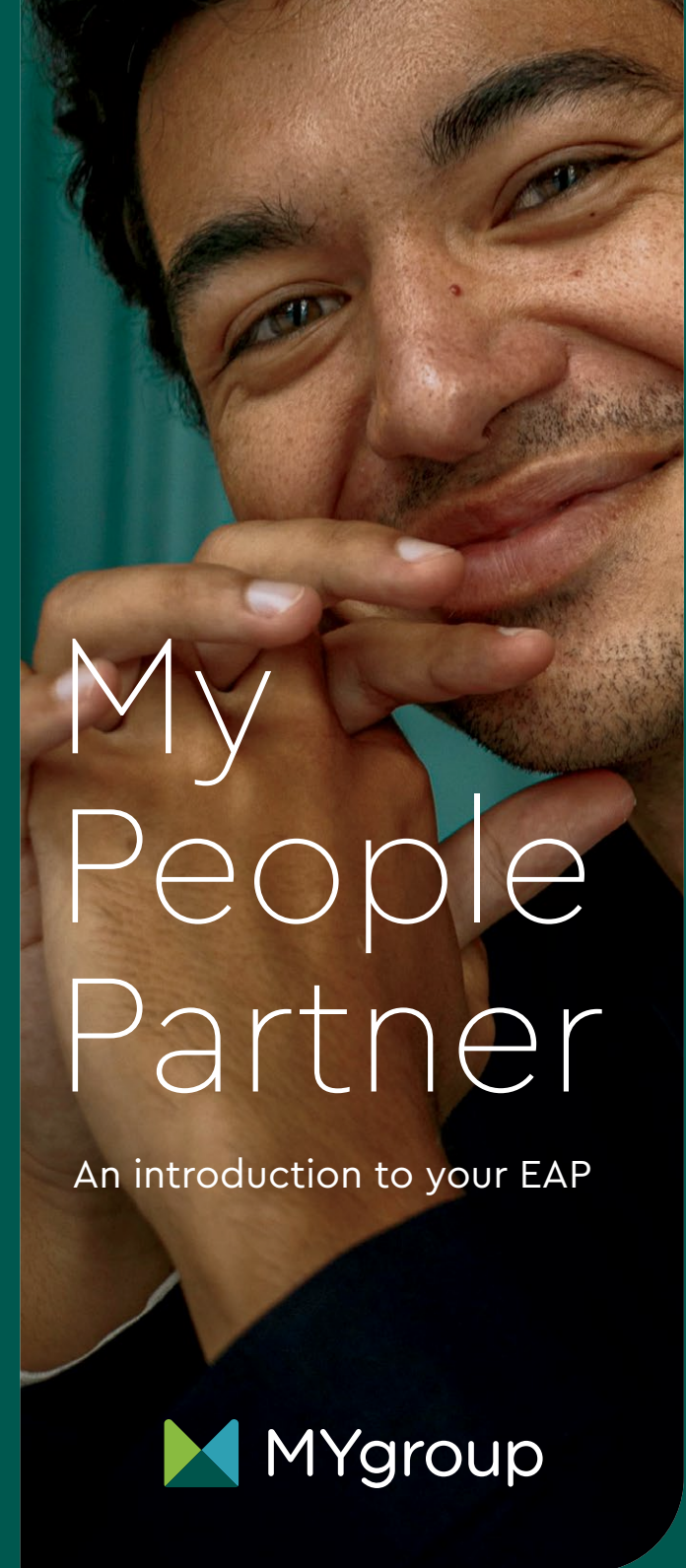
Taking care of your well-being

We offer personal assessments by an
experienced, licensed clinician to help
identify your unique needs and develop
a plan for a resolution.

You will either continue to meet with
your clinician for short-term problem-
solving sessions or be referred to the
most cost-effective resource for
your situation.



Request an appointment:



My People Partner

An introduction to your EAP





Get professional support for life's personal, family, and work-related matters. Free and confidential.

An EAP is a company-sponsored benefit, connecting you to resources that are made to help you through your challenges.

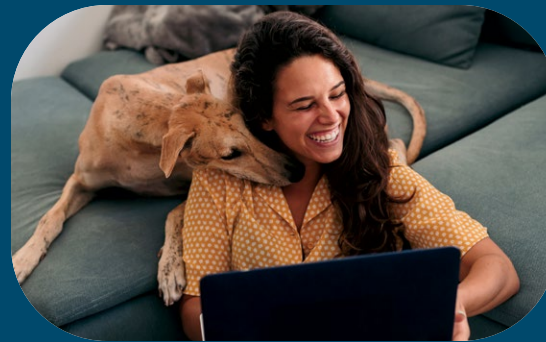
And best of all, it's free for you and your eligible family members.



We have you covered

MYgroup supports you and your household with unlimited access to:

- » Free, confidential help with personal and professional concerns
- » Referrals to the most effective resources
- » 24-hour emergency coverage



We keep it confidential

Your confidentiality is our priority. That's why your employer will never have access to your information or know of your participation without your consent. The only exception is if someone's safety is in question.



Why use an EAP?

An EAP is here to help you and your loved ones through life's ups and downs, including:

- » Relationship/marital issues
- » Parenting
- » Stress
- » Work-related concerns
- » Depression
- » Alcohol and drug use/abuse
- » Grief and loss

- » Balance your work and life
 - » Online resources
 - » Childcare and elder care locators
 - » Savings center
 - » Legal and financial services
 - » Identity theft recovery