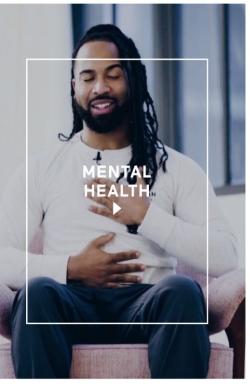
## New Content – Wellbeing Videos

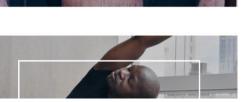
## **Wellbeing Videos**

Wellbeing Videos are a new benefit available through your EAP. 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.

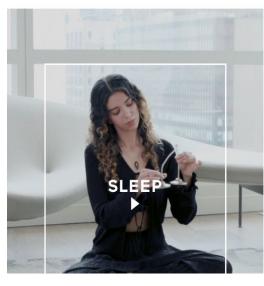














TOLL-FREE: 800.633.3353

WEBSITE: <u>mygroup.com</u> > Current Participants > Resources

> Access Work-Life Services

USERNAME: organization specific • PASSWORD: guest

