

JANUARY 2025

Let Your Good Shine Through

Take some time to reflect on what makes you, *you*. Think about what makes you unique. We can support you as you learn to boost your self-esteem and overall happiness.

LET US HELP

TOLL-FREE: 800.633.3353

WEBSITE: mygroup.com > Current Participants > Resources > Access Work-Life Services

USERNAME: organization-specific

PASSWORD: organization-specific



YOUR MEMBER ASSISTANCE PROGRAM ALWAYS AVAILABLE | FREE | CONFIDENTIAL