

**DECEMBER 2025**

# Creating Healthy Habits

When you are proactive with your well-being, it means taking steps improve your physical and mental health before you have an issue. We can support you while creating or maintaining healthy habits.

## LET US HELP

**TOLL-FREE:** 800.633.3353

**WEBSITE:** [mygroup.com](https://mygroup.com) > Current Participants

**ONLINE SERVICES USERNAME:** organization-specific

**ONLINE SERVICES PASSWORD:** organization-specific

YOUR MEMBER ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

