



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 made to help you through your challenges.

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



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 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.



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
- 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

Work-Life Services

Our work-life services help guide you through struggles at home, so you can thrive at work. From child or elder care to financial or legal issues, our team is here to help through our online resources and toll-free number.

Online Resources

We give employees unlimited access to over 11,000 online articles on a range of topics as well as financial tools and downloadable legal forms.

- 7 content divisions: Parenting, Aging, Balancing, Thriving, Living, Working, and International
- Monthly online seminars and eLearning courses with certificates of completion
- Searchable databases and resource links for childcare providers, elder care and related services, adoption resources, attorneys, certified financial planners, pet sitting, private and public high schools and colleges, and volunteer opportunities
- Over 100 streaming audio files and 100 video files covering a range of health topics
- Our interactive Relocation Center allows users to preview communities across the U.S.

Online Seminars

Our website features online seminars for people to learn even more about personal and professional topics. We also host and archive monthly live seminars to inform people about the most prevalent topics.

Well-being Videos

Our well-being videos range in topics from mental, physical, and practical well-being. 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.

Savings Center

Bills, healthcare, retirement savings, and taxes all take enough out of our paychecks already. To help you stretch your dollar, you and your family have access to a free online benefit through the Savings Center - Perks At Work.

With access to 30,000+ national and local employee discounts, our Savings Center offers quality name brands at discounts of 25% to 75% off regular retail prices.

- Save on such items as: hotels, cars, flights, major appliances, technology, clothing, restaurants, movie tickets and more!
- To take advantage of these discounts, go to mygroup.com > Current Participants > Access Online Services and click the Savings Center tab in the bottom left
- The program offers a wide array of discounts from leading name-brand retailers too.
- You can also earn points to use for future purchases.

Legal & Financial Services

Legal Services

Do you need legal advice? Your EAP can help with a free consultation with a qualified attorney either on the phone or in person. Online support is also available with legal forms, a library of legal articles, and even a simple will.

Our nationwide network of attorneys is here to help guide employees through legal concerns:

- Free telephonic legal advice
- Free 30-minute appointment for legal consultation with a local attorney
- In most cases, 25% discount on ongoing legal services
- Nearly 100 do-it-yourself legal forms available to download (such as wills, request for death certificate, etc.)
- Online legal encyclopedia
- Library of hundreds of legal articles and tip sheets
- Does not cover disputes or actions involving employer, EAP or business issues

Financial Services

Your EAP provides you with free consultations with financial experts on everything from credit and debt, to purchasing a home, or saving for retirement. We also offer a full selection of financial articles, tip sheets, financial calculators, and other tools to help you get the answers you need.

You have access to financial counselors and educators:

- Free consultation with a financial counselor for you or your family members
- No appointment needed during regular business hours Monday through Friday. Saturday appointments available.
- Educational materials and financial worksheets provided prior to appointments
- Online financial calculators, library of articles, and do-it-yourself tools to manage finances
- Issues addressed include bankruptcy, budgeting, buying a home, college savings, and retirement planning
- 40 financial calculators available online
- Discounted credit reports
- Online Will

Identity Theft Recovery

If identity theft occurs, we offer employees toll-free telephonic consultations with a certified consumer credit counselor to help assess the risk level and identify potential next steps.

Learn more about how our EAP services can best serve you and your family with the resources available at mygroup.com.



How to access your care:

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

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



To access mygroup.com:

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