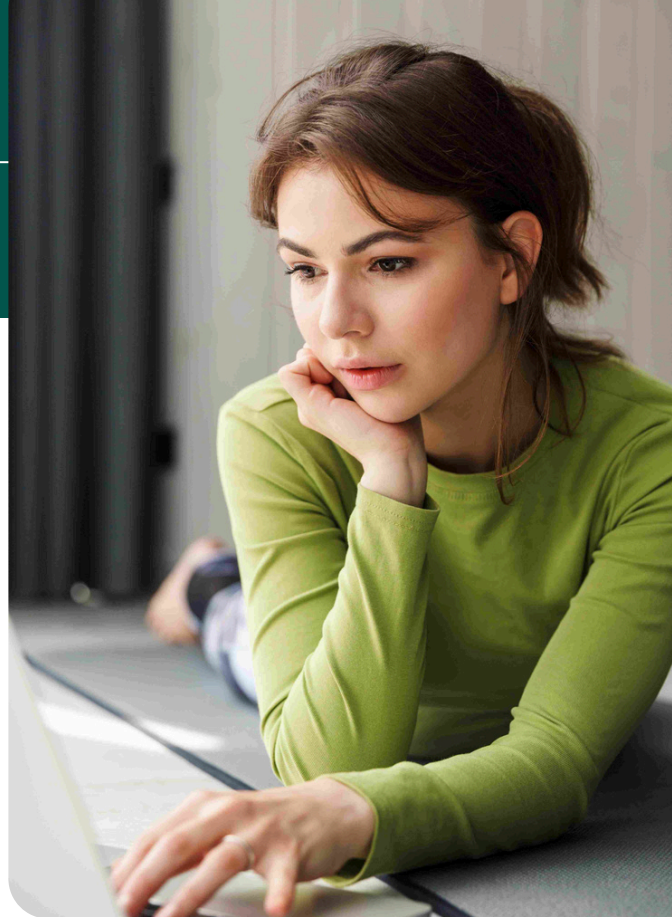


MY Portal

MY Portal is your gateway into MYgroup services to help you with the ups and downs of life. You'll find 24/7/365 access to your benefits including:

- Request an appointment
- Access to BetterHelp
- Access to the online peer support community
- Online resources
- A live chat feature
- A calendar of events
- Content available in English, Spanish, and French



MY Portal gives access to thousands of up-to-date, topic-related articles, videos, and other resources related to health and wellness, family, aging, education, mental health, career, legal, and financial information.

Other Features of MY Portal

- Resource locators
- Internet-based CBT (iCBT)
- Savings center: BenefitHub
- Health & lifestyle assessments
- Soft skills courses
- Interactive checklists
- Calculators
- Webinars
- Podcasts
- Financial center
- Legal center
- Mediation services
- A free online will generator
- 24-hour emergency services (In the event of being jailed or arrested, access to legal providers after-hours and weekends)

How to Get Started

Visit mygroup.com > LOGIN or call us at 800.633.3353.

Visit mygroup.com to log in and access MY Portal.

mygroup.com > LOGIN

First time users of MY Portal will be prompted to create an account using Organization Code: _____

The organization code is the code you have been using as your organization's username. Each person will set up their account with this code, along with their email address and any password they select.