

# MYgroup APP



**MYgroup**  
Health & Fitness

**OPEN**

## APP INCLUDES:

- Online tools, such as recorded webinars and self-help articles
- Direction to in-the-moment support for more distressing issues
- MYportal access to Work-Life, Employee & Manager portals
- Login credentials remain the same as they are for mygroup.com



Your Employee Assistance Program has launched a new app MYgroup. Confidential and free to download, the MYgroup app gives you immediate access to the support and tools you need to be happier, healthier, and more productive. The MYgroup app is available for download at the Apple App Store and Google Play Store.



TOLL-FREE: **800-633-3353**

WEBSITE: [www.mygroup.com](http://www.mygroup.com) > My Portal Login > Work-Life

USERNAME: **spartanburg3** • PASSWORD: **guest**

