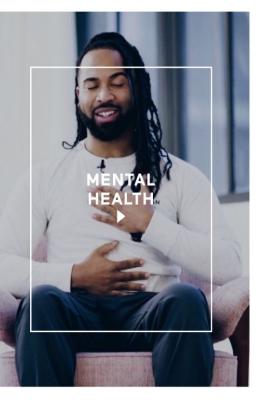
New Content – Wellbeing Videos

Wellbeing Videos

Wellbeing Videos are a new benefit available through your EAP. These videos range in topics from mental, physical, and practical wellbeing. 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. You can find these videos using the login information below.















WEBSITE: www.mygroup.com > My Portal Login > Work-Life

USERNAME: **USC** • PASSWORD: **guest**

