



MAP & Work-Life Services

A MAP is an association-sponsored benefit that offers the support and resources you need to address personal or work-related challenges and concerns. It's confidential and free to you and your household family members. Help is available 24/7/365 at 800.633.3353.

Access Your MAP & Work-Life Services

There are two ways to access your MAP and work-life services: Call 800.633.3353 or Visit mygroup.com | Click on My Portal Login | Work-Life | **Username: farmcredit organization specific** | **password: guest**

Assessment and Counseling

Reasons to use the MAP include marital difficulties, parenting, stress, depression, work-related concerns, alcohol and drug use/abuse, grief and loss, or preventative. When members and family members call the MAP, they are offered face-to-face, telephonic, or virtual counseling sessions in which a thorough assessment can be conducted by a licensed, experienced clinician in their area. MAP is short-term, solution-focused therapy so not all issues will be resolved within the MAP model and may need to be referred to other resources.

Online Services

- 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 child care 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
- Savings Center: discount shopping program offering up to 25% discounts on name-brand items
- Relocation Center: an interactive program that allows users to preview communities across the U.S.

Legal Services

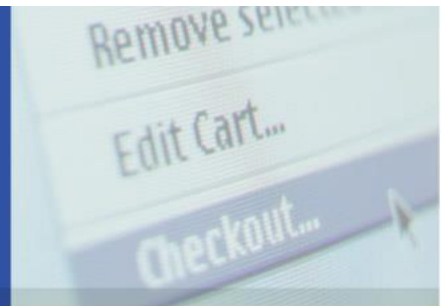
- Free telephonic legal advice
- Free 30-minute appointment for legal consultation with a local attorney
- In most cases, 25% discount on ongoing legal services
- Legal forms available to download (such as wills, request for death certificate, etc.)
- Online legal encyclopedia
- Does not cover disputes or actions involving employer, MAP or business issues

Financial Services

- Free financial counseling appointments
- Issues addressed include bankruptcy, budgeting, buying a home, college savings, retirement planning
- Educational materials and financial worksheets provided prior to appointments
- 40 financial calculators available online
- ID theft recovery through credit monitoring
- Discounted credit reports

Member Assistance Program

SAVINGS CENTER



FEATURES INCLUDE:

- The program offers a wide array of discounts on technology and leading name-brand retailers, restaurants, and movie theaters.
- Earn WOW points which can be used for future purchases from retailers such as Target, Home Depot and more.
- Join the COA - Community Online Academy and Kids Club to access live and recorded training programs and resources for adults and children.

Bills, health care, retirement savings, and taxes all take enough out of our paychecks already. What about everything else? To help you stretch your dollar, you and your family have access to a free online benefit Perks at Work available through the Savings Center. Earn WOW shopping points to use toward future purchases in addition to discounts. Training programs are also available through the COA – Community Online Academy.

Register for free on your employee support website.

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

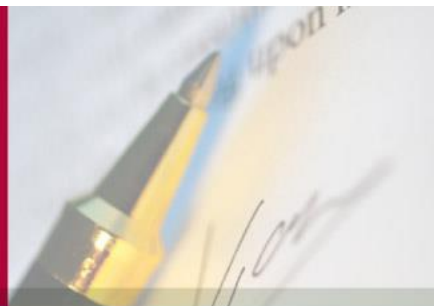
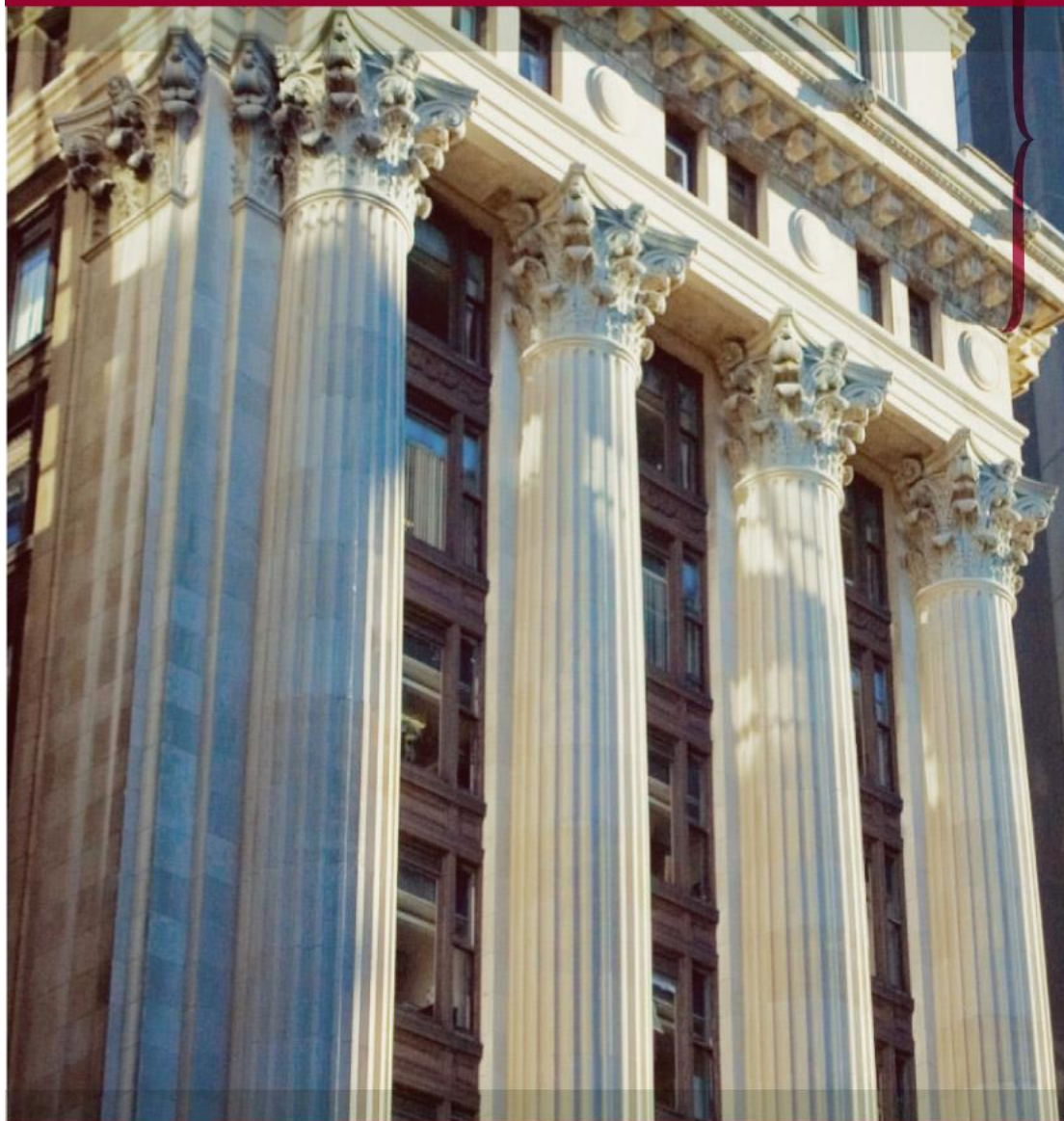
WEBSITE: www.mygroup.com > My Portal Login > Work-Life > Savings Center

USERNAME: **farmcredit** • PASSWORD: **guest**



Employee Assistance Program

LEGAL AND FINANCIAL ASSISTANCE



LEGAL ASSIST:

Provides a free half-hour consultation with an attorney on most legal issues. In most cases, discounted rates are available if further legal representation is required.

Call for help with:

Divorce/Custody Issues, Criminal, Estate Planning, Wills, Personal Injury, Small Claims, Traffic Tickets/DUI/DWI, Liens and more.

FINANCIAL ASSIST:

Provides a free telephonic consultation with a financial professional.

Call for help with:

Retirement Planning, Debt Consolidation, Credit Fraud, Budgeting and many more financial planning topics.

Online legal forms and financial resources available too including a free will making tool!

When a legal issue or financial matter disrupts your life, it can create substantial stress for you and your family. To help minimize the impact, your employee assistance program will assist you with managing the many complexities of these events. Through professional consultation, these programs can save you time, while providing valuable information and peace of mind.

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MYgroup APP

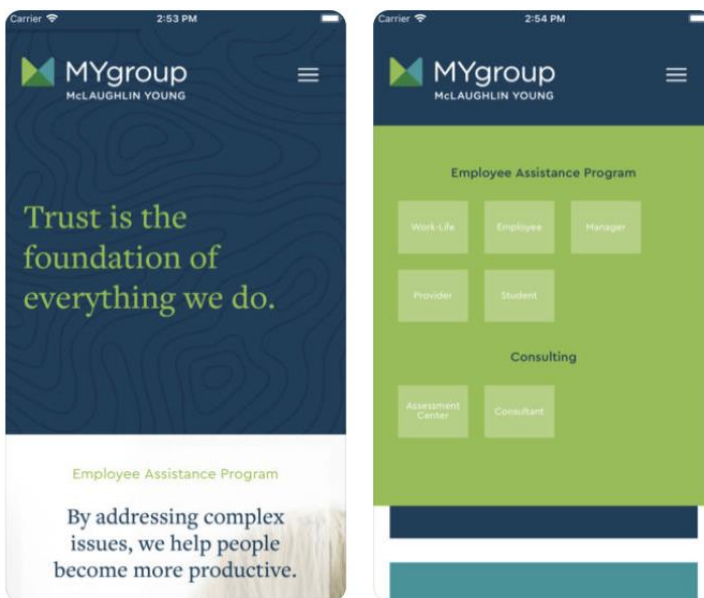


MYgroup
Health & Fitness

OPEN

APP INCLUDES:

- Online tools, such as interactive learning modules 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 Member 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.



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