



24/7 Counseling Support: [800-413-8008](tel:800-413-8008) #2

Available anytime, any day, your Employee Assistance Program is a free, confidential program providing in-the-moment and short-term counseling and resources.

Food for Thought

ONLINE SEMINAR

Learn more about the connection between your plate and your physical health and uncover the keys to achieving a balanced diet that fuels your body with essential nutrients.

APRIL 2024

To access the online seminar, visit your home page starting April 16th.

- Click this link: <https://helpwhereyouare.com/CompanyLogin/1515/mercy>
- Enter the username and password as shown below:

USERNAME: MSU

PASSWORD: MSU

- Scroll down and click on "Online Seminars"

ALWAYS AVAILABLE | FREE | CONFIDENTIAL
YOUR EMPLOYEE SUPPORT PROGRAM