

Unplugged: Digital Detoxing

ONLINE SEMINAR

Disconnecting to reconnect

Find the reasons why we need to do a digital detox and learn practical steps on how to start incorporating it into your schedule.

LET US HELP

Visit your home page starting July 19th

- Go to <https://helpwhereyouare.com/CompanyLogin/1515/mercy>
- Enter the username and password as shown
 - ❖ USERNAME: **MSU**
 - ❖ PASSWORD: **MSU**

TOLL-FREE: **800-413-8008 #2**

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Always Available | Free | Confidential



JULY 2022

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