

Switch on to Being More Present

ONLINE SEMINAR

Reducing technology overload

Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.

Always Available | Free | Confidential

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Visit your home page starting September 21st:

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



TOLL-FREE: 800-413-8008#2

WEBSITE: www.mbh-eap.com

Available anytime, any day, your Member Assistance Program is a free, confidential program to help you balance your work, family, and personal life.