



KGA, your Employee Assistance Program, is ready to support you and you household. Anytime, anywhere.

Visit My.KGALifeServices.com

Login with company code: mapfre

Through My.KGALifeServices you can:

- Use text and chat to connect with experts
- · Self-schedule time with a counselor
- · Register for monthly wellness events
- · View MAPFRE's employee benefits
- Take mental health self-assessments
- · Find information on mental health, parenting, eldercare, legal, financial, and more

Create a confidential membership and gain access to:

- · KGA Bookshelf: receive two free books per year
- Online trainings: professional development for employees and managers
- MyMindfulness Challenge: 30-day structured program to start practicing mindfulness
- · Meditation podcasts: relieve stress and relax the body and mind
- Member Deals: discounts and coupons on attractions and leisure activities

At all times, using KGA is confidential. Whether you call or access services online, your personal data and information about the services you access will not be shared with anyone including your employer.

For support contact KGA at:
My.KGALifeServices.com (company code: mapfre)
800-648-9557

Email: info@kgreer.com

For easy access, download our app, KGA Mobile