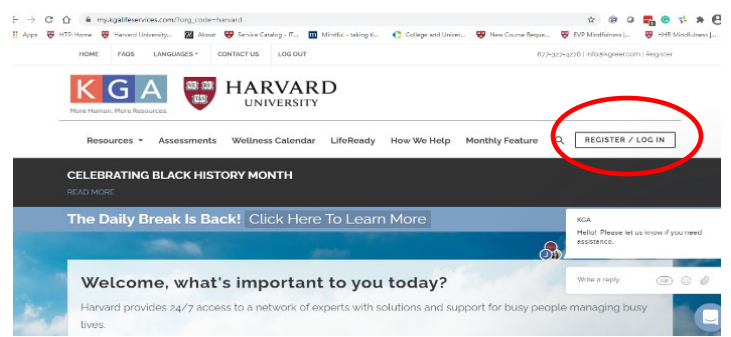


## KGA, Harvard's Employee Assistance Program, Website Membership Registration and Information

### Getting Started

Log in to the [website](#) and click on Register/Log In



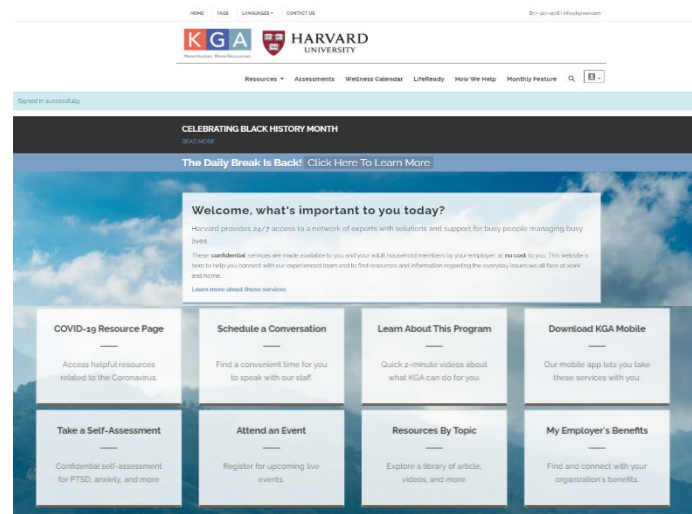
Fill out "Become a Member" fields  
Click "Register Now"  
Company Code is at the bottom of the page.

### Content

This website helps you connect with our KGA's experienced team and find resources/information regarding everyday issues we all face at work and home. **These confidential services** are made available to you and your adult household members by Harvard at **no cost** to you.

You will have access to:

- An overview of the program
- KGA's app
- Self-assessments
- Upcoming events
- Resources by topics
- Harvard's benefits list



You can speak to a KGA staff member or counselor at any time.

Live Chat Available Monday to Friday 9am - 5pm Eastern [Chat Now](#)

Counselors are available 24 / 7 at 877-327-4278

**LifeReady** offers legal, financial and psychological resources to help you through life's big milestones.

**LifeReady**

We all experience milestones throughout life. While many of us experience similar milestones, we all arrive at them in our own ways and in our own time. What it means to be "ready" depends upon who we are and our circumstances. LifeReady offers multiple resources to help you customize your preparation for some of life's big milestones.

- CollegeReady**: A new milestone in your life has been reached! Your teen has started to show some interest in attending college! Check out our new college service! Are you CollegeReady?
- CareerReady**: Whether you are in your first professional role or mid-to-late career, determining where you want to arrive professionally is an ongoing process. Are you CareerReady?
- RetireReady**: Congratulations! As you begin preparing for this exciting new chapter in your life, don't hesitate to check out our new retirement service. Are you RetireReady?
- BabyReady**: You and your partner have started to develop feelings towards raising a baby. This bundle of joy will come with a variety of challenges that will test you as parents. Are you BabyReady?
- MarriageReady**: Whether you have married before, are engaged for the first time, or are considering marriage, you need to become prepared for the big day! Are you MarriageReady?

**Resources by Topic** offers a library of articles, videos, webinars and links on work, life and emotional health.

**Resources by Topic**

Just looking for a little info? Explore our library of articles, videos, webinars, links, etc.

- Emotional Health
- Physical Wellbeing
- Family
- Crisis
- Legal and Financial
- Work
- Managing Others
- Convenience Services
- Anti-Racism, Diversity & Belonging
- Support For Working Parents

Becoming a member has its benefits. You'll have access to a number of additional features and benefits.

- In **Member Area**, you will find:
- An online bookshelf that features access to free books on a variety of behavioral health topics.
  - An online training center with classes for managers, teams, workplace essentials and personal development
  - A personal mindfulness challenge
  - Meditation podcasts
  - Member deals with member discounts and exclusive entertainment & travel offers

**Members Area**

Explore a variety of resources and tools exclusive to our members.

If you have not signed up for a membership yet, please click [Here](#)

- Online Bookshelf**: Welcome to KGA's dedicated online bookstore. Each book is selected by our counselors as they provide in-depth perspectives on a variety of issues.
- Online Training Center**: Within this page you will find online trainings that are built in a modular format, allowing you to go at your own pace and when it's convenient for you. \*Not accessible to non-members, please sign up.
- MyMindfulness Challenge**: MyMindfulness Challenge is a four-week program that combines meditation practice, education about its benefits and tracking of participation and outcomes. You are encouraged to engage in daily meditation practice with the freedom to proceed at your own pace.
- Meditation Podcasts**: Try one of our meditation podcasts.
- MemberDeals**: EXCLUSIVE MEMBER ONLY OFFERS. This program is a deals and discounts site. You can receive exclusive discounts at over 300,000 locations nationwide and save 10-50% off from America's top brands and local stores.

Get started today! [Register](#), call us at 877-327-4278 or email us at [info@kgreer.com](mailto:info@kgreer.com)