

# EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

## FINANCIAL WELLNESS

Nearly 8 in 10 Americans live from paycheck to paycheck<sup>1</sup>. Your financial wellness program can help you take control of your monthly finances, avoid pitfalls, and achieve your financial goals. You can be confident about your finances at every stage of life—whether it is managing student loans, buying a home, growing a family, paying off debt, or planning your retirement.

### Meet with a Money Coach

- Three 30-minute telephone consultations per topic, per year.
- Money Coaches have an average of 22 years of relevant professional experience and several certifications. They provide confidential, unbiased guidance to help you get into good financial shape; they don't sell products.
- Get support for concerns such as debt and credit, spending and saving, maternity leave, large purchases, caring for parents, and more.

1. <https://www.forbes.com/sites/zackfriedman/2019/01/11/live-paycheck-to-paycheck-government-shutdown/?sh=153bf934f10b>

### Build a Plan

- Take a financial assessment.
- Learn how money is affecting your health, wealth, and financial status.
- Get a personalized action plan.

### Take Action

- Check out the website with premium financial content such as events, videos, knowledge center, and calculators.
- Schedule a meeting from Monday to Friday from 6:00 am – 8:00 pm PT.
- Invite your spouse or partner to join you.

