







Holiday Financial Well-Being

'Tis the season for great money management

Between all the gift-giving, meals, decorations, and traveling, the most festive time of the year can quickly become the most stressful and expensive. Get the help you need with through your EAP. By calling your EAP, you can access a free and confidential 30-minute financial consultation, which can provide educational guidance and other resources that can help you stay on track financially and keep the holiday cheer flowing!

How a Free Financial Consultation Can Help:

Utilize your financial consultation to learn how to:

-  Plan ahead for the holiday season
-  Create a budget tailored to holiday needs
-  Track your activity and cash flow
-  Save with holiday tips and tricks

Ready to transform your financial future?

Each covered employee is entitled to one (1) free 30-minute telephonic consultation for financial coaching. Call and we will connect you to an expert who can give you education, guidance, suggestions, and support. You have an opportunity to confidentially talk with an individual who is familiar with complex financial matters and discuss the most appropriate way to handle your financial situation. If you could benefit from a private discussion with an expert with experienced financial insight, or would like a second opinion to feel confident about a particular financial strategy or decision, please consider an EAP financial referral.



We go the extra mile to exceed our members' expectations. We are here to help our members every step of the way — helping you with your work, your life, and your work-life balance! Call us to arrange a free, confidential consultation.



"I was stressed out. Thanksgiving and Christmas were coming. I was overspending... Working with (my financial consultant) has helped me to get on a better financial leg. (My consultant) has done a great job. She has helped me save \$1,000... She has good suggestions about ways I can cut expenses, but I still feel like I am living."

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