



# More savings. Fewer problems.

## Your Employee Assistance Program (EAP) can help you make a financial plan

Worrying about finances can put a lot of stress on you and your family. But learning how to keep a healthy balance between your savings and expenses can help you be ready during tough economic times. It might also be a good time to take a look at your retirement plan to make sure you save enough today for a comfortable tomorrow. Let your Employee Assistance Program (EAP) help you learn how to use articles, tip sheets, financial calculators and other tools to get you started right away.

Log on to our website this month to read these feature articles. They're under the *Monthly Promotion* tab in the *Centers* section:

- Banking: consumer tips
- Making a budget: a worksheet
- Fiscal fitness: credit counseling
- Investing: general tips

Visit our website or call for free, confidential help from our team of EAP experts.\*

[anthemEAP.com](http://anthemEAP.com)  
1-800-841-5144



\*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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