



# New year, new financial goals

Your Employee Assistance Program (EAP) can help you plan for success

The new year is here — and you can make 2020 all about managing your money wisely. Your Employee Assistance Program (EAP) is here to help, with advice on topics like setting goals, creating a budget and investing. Reach out today — because financial health is something we should all work toward!

Log on to our website to check out this month's features:

- Your general budget: a worksheet
- How to create and use a budget
- Protecting your child's financial future
- Figuring out your goals for saving and investing

Visit [anthemEAP.com](https://anthemEAP.com) Login: Commonwealth of Virginia or call 1-855-223-9277 for free, confidential help from our team of EAP experts.\*



*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://anthemEAP.com) Login: Commonwealth of Virginia y selecciona español.*

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

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