



Be money-savvy

Your Employee Assistance Program (EAP) can be your guide

Your Employee Assistance Program (EAP) makes it easier for you to take responsibility for your life and your finances. Financial professionals can coach you on things like how to create (and stick to) a budget, save for emergencies, build better credit, buy a home and save for retirement.

Log onto our website this month to read these feature articles:

- 4 elements of personal financial well-being
- 2 ways to save extra money
- Saving and investing: making a financial plan
- Retirement lifestyle planning

Visit [anthemEAP.com](https://www.anthemEAP.com) Login: Commonwealth of Virginia or call 1-855-223-9277 for confidential help – at no extra cost.*



iLee los artículos en español! Simplemente visita [anthemEAP.com](https://www.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.

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

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