



Your *financial* fitness plan

Your Employee Assistance Program (EAP) can help you get your finances in shape

Getting your finances in shape is like getting your body in shape. To get where you want to be, you need to commit to making changes long-term. Focus on meeting small, realistic goals. Setting a budget, paying off credit card debt, investing wisely and saving for the future are all important parts of a financial fitness plan. Your Employee Assistance Program (EAP) has tools and resources to help you. Log in to our website this month to read these featured articles. They're under the **Monthly Promotion** tab in the **Centers** section:

- Making a budget: A worksheet
- Fiscal fitness: Credit counseling
- Learn to pay less for loans
- Budgeting for new parents

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

Website: anthemEAP.com
Login: Commonwealth of Virginia
855-223-9277



* 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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