



## Reach Your Financial Goals!



Whether you're saving for retirement or your children's college, thinking of a new home, or just trying to get a new car, reaching big financial goals can be tough. Your EAP can help in several ways. Access a broad array of financial programs to help you gain control and improve your financial picture. Also, tap into the many free, money saving benefits for you and your family members, enabling you to stretch your dollars.

Here's just some of what your EAP has to offer:

- **Certified Financial Coaching:** Get help with budgeting, credit, debt, savings and money management through telephonic coaching provided by certified professionals.
- **Personal Finance and Investing courses:** Take charge of your finances at your own pace with hundreds of online finance courses. Access financial assessments and test financial scenarios with 167 calculators in the financial section of your EAP website.
- **Budgeting and consumer tools:** Tools for Tough Times offers resources to help you do more with less.
- **Lifestyle Savings Benefits** - Explore thousands of discounts, rewards and perks in a variety of categories from your favorite brands.

Explore these and other free tools and benefits online 24-7 by logging in at [www.theEAP.com](http://www.theEAP.com) or call us if you need help!

## How much exercise do you need?

### Adults should get:

- 150 minutes of moderate intensity aerobic activity each week (brisk walking, light biking, mowing the lawn)

### OR

- 75 minutes of vigorous intensity aerobic activity (running, shoveling, fast biking)

### PLUS

- 2x per week - some form of **strength/resistance training**

Exercise should take place in nonstop bouts of at least 10 minutes and preferably every day.

**For more wellness tips, visit the EAP online Wellness Center or call a Certified Wellness Coach today!**

## E-Learning Popular Picks

Check out a few popular picks from our 8,000+ E-Learning courses and trainings. Simply login at [www.theEAP.com/TotalCare-EAP](http://www.theEAP.com/TotalCare-EAP), click the "Training Center" icon and choose the "New & Improved Trainings" icon.

- **Finance for Everyone Toolkit: Saving** | Course ID: **SVL\_1022930**  
9 minute video with tips on how to get started saving money.
- **Know Your Finances: Borrowing Money** | Course ID: **SVL\_074069\_NQ**  
7 minute video explains the concepts of interest earned, interest charged, and how financial institutions make a profit.
- **Ergonomics at Your Desk** | Course ID: **SVL\_1020841**  
4 minute video on how to set up your workstation for good posture and to reduce potential musculoskeletal disorders.

