



Strengthen Your Financial Future

March falls right in the heart of tax season, one of the smartest times of year to take a closer look at your overall financial health. Filing your taxes puts your income, expenses, and savings into focus, making it an ideal moment to step back, reset priorities, and plan for the year ahead. Let tax season be more than a deadline - use it as a springboard toward greater financial control.

Start by reviewing where your money is going. A quick budget check can help identify “leaks,” such as subscriptions you no longer use or expenses that have quietly crept up. Even modest adjustments can free up cash for savings or debt reduction. If you get a tax refund, use part of it strategically to build an emergency fund, pay down debt, or jump-start a long-term goal. Next, think about your financial goals for the year ahead. Do you want to reduce credit card balances, boost retirement contributions, or better manage monthly expenses? Set one or two realistic goals and break them into manageable, achievable steps.

Finally, remember that you don’t have to figure everything out on your own. Your EAP has a wealth of financial tools to help with budgeting, debt management, and long-term planning, especially during times of economic uncertainty.

These include:

- **Certified Financial Coaching:** Get help managing debt, purchasing a home, saving and spending, and creating a budget.

- **Personal Finance and Investing Courses:** Take charge of your finances at your own pace with online finance webinars and courses.

- **Self-Help Financial Tools:** Access a variety of articles on money-related topics. Don’t miss Tools for Tough Times, which offers money-saving ideas and resources to do more with less.

- **Financial Calculators:** Test financial scenarios to weigh potential outcomes, such as buy vs. rent, debt paydown, investing, loans, and more.

- **Lifestyle Savings Benefits:** Explore thousands of discounts, rewards, and perks in a variety of categories from your favorite brands.

- **Counseling & Coaching:** If money worries affect your mental health, tap into counseling and coaching benefits for stress management or dealing with life issues that may be contributing to money problems.

Explore these and other free tools by logging in at: www.HigherEdEAP.com or call **800-252-4555** for help!

Discover the Power of Nutrition!

March is National Nutrition Month, sponsored by the Academy of Nutrition and Dietetics. This year’s theme is “*Discover the Power of Nutrition*,” focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits. Explore their site to find weekly themes during the month, as well as [nutrition tip sheets](#) and [healthy recipes](#) that offer nutrition and variety.

★ Featured



March Webinar

Do Your Bucket List: 7 Ways to Up Your Focus on Things that Matter

Whether it’s running an iron man, meeting somebody, or losing ten pounds, we all have things we want to accomplish in life. But it’s easy to lose focus on personal growth in the rush of daily life. Get inspired by these seven practical strategies designed to help you prioritize that next bucket list item.

To access this Webinar and related resources, simply log in to www.HigherEdEAP.com during March.



Making small changes during National Nutrition Month and over time helps improve health now and into the future. Small changes you can make include:

- Eat breakfast every day
- Reduce added sugars and salt
- Make half your plate fruits and vegetables
- Eat seafood twice a week
- Make healthy snack choices
- Drink more water
- Slow down at mealtimes
- Reduce your portions

Call an EAP Wellness Coach at **800-252-4555** or log in to the Self-Help Resource Center at www.HigherEdEAP.com for more nutrition tips and resources.

March Training Picks

Get ready for Spring by learning new skills! Explore thousands of topics in your online Training Center. We offer a few suggestions below, but you can search for your own themes. Simply click on “Member Login” at www.HigherEdEAP.com, sign in, and click on the comprehensive library in the Training Center.

- **NEW! Focus to Get More Done | Course ID: SVL_005383**

This 14-minute video course teaches how to escape the trap of constant busyness by identifying high-impact activities, setting priorities, and focusing time and energy on meaningful work to achieve better results.

- **Personal Financial Health: Taking Care of Your Finances | Course ID: SVL_1020541**

This first of nine courses is designed to help you improve your financial well-being. In this 6-minute video, learn the four key components of creating a specific, long-term financial plan.

- **NEW! PowerPoint Tips | Course ID: SVL_1023348**

This 11-minute course covers three lessons: how to use Slide Master, how to add engaging graphics, and how to use built-in presentation aids.

Key March Dates

- [National Nutrition Month](#)
- [National Kidney Month](#)
- [Multiple Sclerosis Education and Awareness Month](#)
- [Colorectal Cancer Awareness Month](#)
- [Brain Injury Awareness Month](#)
- [3/3 – World Wildlife Day](#)
- [3/8 – International Women’s Day](#)
- [3/8-3/14 – National Sleep Awareness Week](#)
- [3/15 – 3/21 – National Drug and Alcohol Facts Week](#)
- [3/15 – 3/21 – National Poison Prevention Week](#)
- [3/20 – First Day of Spring](#)
- [3/24 – American Diabetes Alert Day](#)
- [3/26 – Purple Day](#)

Accessing Your EAP Training Center

1. Go to www.HigherEdEAP.com and click the ‘Member Login’ button.
2. If you’ve already created an account, log in with your Username/Password.
3. If it’s your first time, click REGISTER to create your Username and Password. *You only need to register once.*
4. Click the ‘Training Center’ and then choose ‘Comprehensive Training Library’.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the ‘Play’ or ‘Start’ button to begin.

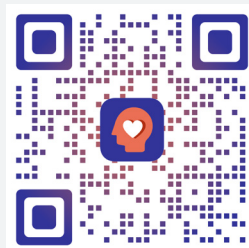
To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least 80% for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

Scan to Learn More!

Explore More of Your Employee Benefits



Download Talkspace Go For iPhone Or Android



How to Scan A QR Code

1. Open the camera app.
2. Select the rear-facing camera in photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

