



COACHES

— are just for —

ATHLETES

TRUE OR FALSE

FALSE.

Whip your finances into shape with the help of a Money Coach.

One of the most common sources of stress for Americans is money.* So whether you're looking to lower your debt, boost your savings or dip a toe into the investing pool, we can help.

Introducing Financial Wellness

Through your new EAP financial benefit, you now have access to tools, tips and two calls with a Money Coach to help you create, manage and reach your financial goals. And no need to worry — all your information will be kept secure and confidential.

Who are the Money Coaches?

Money Coaches have at least five years of professional finance experience, with an average of 20 years of experience as:

- Certified financial planners
- Certified public accountants
- Former bankers
- Investment specialists

Our coaches will never sell you anything — their job is to teach you how to create better money habits.

What tools are available?

Use the website to view all the resources available to you. You'll be able to:

- Take a financial assessment
- Watch self-directed learning modules
- Access financial calculators, videos and articles
- Access a full financial library at your fingertips

Start removing the financial weight off your shoulders.

Financial Wellness

**Visit [Liveandworkwell.com](https://liveandworkwell.com),
use your company access code: PEBC**

Call: 866-248-4096

There's no cost to call. All records are kept confidential in accordance with federal and state laws.

*American Psychological Association. Stress in America: The state of our nation. [apa.org/news/press/releases/stress/2017/state-nation.pdf](https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf). Accessed May 25, 2018.

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