



# Working on your financial wellness?

Your Employee Assistance Program (EAP) can show you how

Throughout your life journey, it is important to be aware of your financial wellness. Your Employee Assistance Program (EAP) is here to help, with advice on topics including goal setting, creating a budget, and investing. Reach out today to work toward your financial health.

Log on to [anthemEAP.com](https://anthemEAP.com) this month to read these feature articles:

- Create a budget and stick with it
- Money management: a planner
- Teaching children the financial facts of life
- Save for emergencies and the future



Visit [anthemEAP.com](https://anthemEAP.com) or call 1-800-999-7222 for confidential help from a team of EAP experts at no extra cost.\*

*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://anthemEAP.com), ingresa EAP Log in 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.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

110207MUMENABC-SD 01/21