



Health Advocate Financial Wellness Program

Money woes bending you out of shape? Get financially fit. *We can help.*

Stressing about money problems can affect your work, relationships and even your health and well-being! As part of your benefits, you have free access to Health Advocate's Financial Wellness Program to help you better manage your money, reduce debt and save for the future.

Now there's real help when you need it most.

This program gives you and your family access to incredible online tools, workshops, and resources, plus one-on-one telephonic help from a financial or legal specialist, to lower your stress so you can focus on other important matters in your life!

Did you know?

7 out of 10 American workers say financial worry is their most common cause of stress. More than 80 percent say it's affected their productivity.



Program Features

Online resources at your fingertips:

- **Calculators** for car loans, credit payoff, mortgages, taxes, investments, savings, and retirement
- **Articles** on dozens of financial, legal, and insurance topics including debt elimination, bankruptcy, identity theft, real estate, investing and more
- **Webinars** on estate planning, managing life transitions, paying for college, budgeting
- **Downloadable forms** for taxes, wills, personal finance and other financial matters
- **Financial Fitness Center**— view over 200 step-by-step online tutorials to help you make sound decisions about choosing benefits, health and life insurance, investing, saving, paying student loans, planning retirement, buying a home, and much more!

Telephone consultations to help you make informed decisions about a specific issue:

- **Financial specialists** can discuss debt management, life insurance needs, college funding and more.
- **Legal specialists** can discuss bankruptcy, estate planning, real estate, family law issues, criminal, motor vehicle law, and elder law.

Turn to us—we can help.



800.854.1446

Web: <https://www.unum.com/employees/services/life-balance>

Click the Financial Wellness button

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