



# Financial wellbeing

The Financial wellbeing program provides you with a Money Coach and other resources to help you manage your money effectively. You can be confident about your finances when you make a budget, avoid or reduce debt, buy a home, grow your family, save for retirement and more.

## ☑ Meet with a Money Coach

- You are eligible for three 30-minute telephone consultations per topic per year.
- Money Coaches have an average of 22 years of relevant professional experience and several certifications.
- Coaches do not sell products. They provide confidential, unbiased guidance to help you get into good financial shape.
- The goal is to teach you new habits to resolve your financial challenges and achieve your goals.
- Support is available for debt and credit, spending and saving, college and student loans, home buying and estate planning, getting married and growing your family, saving for retirement, and more.

## ☑ Take action

- Call your program and schedule a meeting for yourself or with your spouse or partner. Money Coaches are available Monday to Friday from 9:00 am – 11:00 pm ET.
- Visit the financial wellbeing program section on your member website. You can take an assessment and learn how money affects your health and wealth. You can also access premium financial content such as events, videos, articles and calculators.

The Financial wellbeing program is confidential. Your information is not sold or shared with a third party.



Scan the QR code to visit [www.resilience.af.mil/Workforce-Resource](http://www.resilience.af.mil/Workforce-Resource) or call your Air Force EAP at 1-866-580-9078 (TTY 711) to get started.