

# Building Financial Wellness Is Good for Health

**It's all connected.** Financial health can affect mental health, which can affect physical health and wellness. Working with a financial coach can help you reach goals, save for emergencies, retire with confidence, and positively impact well-being.

Reach out to your Assistance Program for **financial consultation referrals** to help with:

- Budget coaching
- Bankruptcy consultation
- Home buying
- Debt management consultation and resources
- Managing taxes
- Identity theft
- Retirement questions and guidance
- Saving for college

*Financial consultation referrals are free to use, confidential, and open to family members.*

**Contact AllOne Health**
Call: 800-521-3273
Visit: easeatwork.com

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