



TRUE.

More than one out of five adults wouldn't be able to cover an unexpected expense of \$400.¹

The car that won't start. The leaky roof. The unexpected medical bill. Experts recommend having three to six months of income saved up for emergencies such as these. But many of us don't.

With this new EAP financial benefit, you now have access to tools, tips and a Money Coach to help you create, manage and achieve your financial goals.

Get Started

Here's what you'll get:



Online resources

Complete a financial stress assessment, watch self-directed learning modules and read articles that cover many financial relevant topics.



Money coaching

Take advantage of a Money Coach who can help support and identify your financial goals.*



More peace of mind

Our tools and guidance can help you learn to improve your credit score, reduce debt, invest, plan for retirement and more.

Mindful Matters

Visit liveandworkwell.com, using your access code **mass4you** and search “financial wellness” to learn more.

- Call 1-844-263-1982
- Download the myliveandworkwell mobile app (access code mass4you).

Find Out More

Brought to you by eMLife, an easy-to-use online wellness information library

* Money coaching services are furnished through My Secure Advantage. Money Coaches possess a minimum of five years of professional experience in the finance industry, with an average of 18 years of experience as certified financial planners, public accountants, former bankers and investment specialists.

1. The Federal Reserve System Board of Governors. Report on the economic well-being of U.S. households. federalreserve.gov/newsevents/pressreleases/other20190523b.htm. Accessed July 18, 2019.

This service is provided at no additional cost as part of your benefits. All records are kept confidential in accordance with federal and state laws.

Information provided by this service is for informational purposes only. All information and ideas should be discussed in detail with your individual advisor prior to implementation to determine if it is applicable to you.



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