

How's your financial health?

Money worries cause stress. A financial wellness plan can help you manage it.

1. Create a budget based on your monthly income and expenses—then stick to it!
2. To build your savings, automate monthly deposits into a separate account.
3. Contribute the maximum to your employer-sponsored retirement plan.



Employee Assistance Program
For Professional Consultation
Call 1-800-523-5668
For TTY Users: 1-800-456-4006

Call today or log on to [MagellanAscend.com](https://www.MagellanAscend.com)