

*From your EAP*

# Introducing **Certified Financial Coaching**

If you need help with budgeting, debt, money management issues or savings, your EAP can help. You and your family members have unlimited access to Certified Financial Coaches, as well as more than 200 new Personal Finance and Investing courses! Our Coaches can also help you address any related stress that so often accompanies financial problems.



*Start today with a simple, confidential phone call or login to your EAP.*



TotalCare EAP  
Public Safety EAP  
Educators' EAP  
Higher Ed EAP  
HealthCare EAP  
Union AP

**800.252.4555**  
**800-225-2527**  
**www.theEAP.com**

©2019 ESI Employee Assistance Group

## The 3 components of your **Financial Coaching Benefit:**

### *Certified Financial Coaches*

- Financial assessments
- Goal setting structure and support
- Determining strategies for problem resolution
- Establishing focus on financial wellbeing
- Recommending services, tools, and resources

### *Financial Assessments*

- Calculate net worth
- Analyze budgets
- Verify debt to income ratios and credit scores
- Profile habits and obstacles to success
- Assess family dynamics around money

### *Financial Education*

- Taking control of finances
- Changing habits and attitudes about money
- Understanding and dealing with debt
- Understanding consumer credit
- Saving for the future

## **How to access website resources**

1. Log on to [www.theEAP.com](http://www.theEAP.com)
2. Click on **Employee & Family Login**
3. If you have already created a Username and Password, simply enter that info in the appropriate boxes. If you have not registered, complete steps 4-7.
4. Click on **REGISTER HERE**
5. Enter your Employer's name and click Continue.
6. Your employer's name will appear; select the button and click Continue.
7. Fill out the Registration Form and create your Username and Password, then click Continue.  
**You only need to register once.**
8. Click on **Personal Finance Education Center** and explore!