

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.



Air Force EAP
1-866-580-9078

www.AFPC.AF.MIL/EAP

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