



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



Allegheny County Schools
Health Insurance Consortium

Sessions are free to use, confidential, and open to family members.

Call: **800.327.7272**
Visit: www.lytleeap.com
Code: acshic

LYTLE EAP PARTNERS
An AllOne Health Company