



## Whip your finances into shape with the help of a Money Coach

One of the most common sources of stress for Americans is money.\* So whether you're looking to lower your debt, boost your savings or dip a toe into the investing pool, we can help.

### **Introducing Financial Wellbeing** Powered by My Secure Advantage

Through your Emotional Wellbeing Solutions financial benefit, you now have access to tools, tips and a Money Coach to help you create, manage and reach your financial goals. And no need to worry – all your information will be kept secure and confidential.

**24/7 availability** | **Confidential** | **No cost to you**

## Support for everyday life

Lighten the financial weight off your shoulders



Scan the code or visit [liveandworkwell.com](https://liveandworkwell.com).  
Login with your HealthSafeID or company access code: TGNA

From the home page, search financial wellbeing to learn more.

## Meet your Money Coaches

Money Coaches have at least five years of professional finance experience, with an average of 20 years of experience as:

- Certified financial planners
- Certified public accountants
- Former bankers
- Investment specialists

Our coaches will never sell you anything – their job is to teach you how to create better money habits.

## What tools are available?

Use the website to view all the resources available to you. You'll be able to:

- Take a financial assessment
- Watch self-directed learning modules
- Access financial calculators, videos and articles
- Send and receive files securely with your coach
- Access a full financial library at your fingertips

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There's no cost to call. Your use of this service will be kept confidential in accordance with your health plan's privacy policy.



**800-622-7276**

\* PwC's 10th annual Employee Financial Wellness Survey (PwC US; 2021)

**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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Optum Emotional Wellbeing Solutions is known as Employee Assistance Program (EAP) in California.

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