



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 Mental Well-Being 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

Financial consultation referrals are free to use, confidential, and open to family members.

Contact AllOne Health

Call: 800-222-8590

Visit: allonehealth.com/portal

Code: kwiktrip

