



# 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

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

Contact AllOne Health  
Call: 800-451-1834  
Visit: [www.allonehealth.com/portal](http://www.allonehealth.com/portal)  
Code: cebt

