



THE OHIO STATE UNIVERSITY



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 Employee 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 Ohio State EAP
Call: 800-678-6265
Visit: osu.mylifeexpert.com
Code: buckeyes

ALLONE[®]
HEALTH