

STAYING ON

TRACK



## Budgeting and personal finances

Learn ways to keep track of your spending and live within a budget. Start saving for short- and long-term goals.

Your Employee Assistance Program can help with:

- Articles on credit card debt, saving for retirement, and more
- Downloadable monthly budget form
- Financial calculators on investments, home finance, saving, and more
- Personal Financial Information Organizer

### CALL OR VISIT US ONLINE

TOLL-FREE: 800-633-3353

[www.mygroup.com](http://www.mygroup.com)

USERNAME: **organization specific**

PASSWORD: **guest**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.



**MYgroup**

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