



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
- Basic tax questions
- Identity theft
- Retirement questions and guidance
- Saving for college

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

Contact **IMPACT Solutions**
Call: 800-227-6007
Visit: myimpactsolution.com

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