



Want to take steps to improve your financial health? Find out how LifeWorks can help.

You check your cholesterol and keep an eye on your blood pressure, but do you pay the same attention to your financial health? If you have questions about managing your personal finances, LifeWorks can help, with professional financial consultants who can help you develop a budget, discuss your retirement & investment options, get basic federal-only tax information, manage debt, and much more. You can call anytime, day or night—it's free and completely confidential. You can also visit www.lifeworks.com to listen to podcasts like [Simplify Your Finances](#), [Saving More and Spending Less](#), or [Coping with Money Worries](#) or to read articles like:

- [Couples and Money](#)
- [Financial Management Plan \(LifeWork's budget form\)](#)
- [Quick Tips for Avoiding Debt When Money is Tight](#)
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You can also try an online seminar, [Managing Your Money in Today's Economy](#) or check out our financial calculators, easy-to-use worksheets and checklists, and much more.

Call LifeWorks at 800-533-5690 anytime.
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You can also visit <https://portal.lifeworks.com>
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