



DOES THIS MAKE CENTS?

CREATING AND STICKING TO A BUDGET

Whether your goal is paying off debt or saving up for vacation—creating a budget is an excellent tool to help you achieve it. Visit your work-life website for a free budget form, to read one of our many articles on budgeting or other financial topics, or to use any one of our more than 40 financial calculators.

Call or visit us online to get the right answers to your financial questions.

TOLL-FREE: **888-441-8674**

WEBSITE: www.anthem.com/eap/verizon

Available anytime, any day, your Work-Life/EAP service is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR



FINANCIAL FITNESS:

Living Within a Realistic Budget

JANUARY 17TH

12 pm • 2 pm • 4 pm ET

JANUARY 18TH

12 pm ET *en español*

Learn to create and live within a realistic budget, set short and long-term financial goals, track spending, and manage debt.



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