Being confronted with the impact of a health-related situation can be stressful mentally, physically and financially. Take proactive measures by viewing resources in this document, provided by your EAP in partnership with My Secure Advantage™ (MSA).

EAP Financial Coaches are available to offer information, resources and problem-solving assistance to help people work through the many financial challenges and decisions may come in the coming days and weeks.

Utilize your **30 day EAP Financial Coaching Benefit** for the following:

- Identify where to start and how to move forward
- Find local resources to meet basic needs
- Ideas and tips for replacing lost income
- Determine mortgage and rent concerns
- Understand how to protect yourself financially

While health-related emergencies may often feel difficult to control, you can control what action you take moving forward. Use your EAP to talk to a Financial Coach and get guidance, answers, and an action plan for handling your financial situation.

**Contact us to get started:**
Call: 800-433-2320
Text: 503-850-7721
Email: info@cascadecenters.com