



Financial stress? Dealing with debt?

How LifeWorks Can Help

Credit card debt, paying for college or university, saving for the future, rising fuel and grocery prices -- these are just some of the financial challenges most of us face. As the cost of living rises, managing your money becomes more important than ever.

If you're in need of support to help you get back on track with your finances, contact LifeWorks any time, 24/7, to speak confidentially with a professional consultant. Whether you're seeking tips to improve spending habits, or information to help you set a budget, reduce debt, or save more, our financial specialists can provide you with the expert guidance and resources you need.

You can also log in any time to login.lifeworks.com to access a wealth of online articles and resources to help you manage your money. For instance:

- Access our eBook, Getting Out of Debt.
- Read articles, such as: Ten Steps to Take During Difficult Financial Times, Setting Up a Personal or Household Budget, Quick Tips for Setting SMART Financial Goals, Ideas for Living Within Your Means, Saving as a Way of Life, Financial Planning in your 20s and 30s, Couples and Money, Investment Basics.

Visit us online:

User ID:

TTY:

Call us, toll-free, 24/7:

Password:

En español:

Download the app now, just search for "LifeWorks".

