

STAYING ON

TRACK



Budgeting and personal finances

Budgeting can help you plan for short-term goals like dinner at a nice restaurant or longer-term ones like a vacation or buying a home. The best feature of any budget is the peace of mind it can provide you. Your Employee Support Program is available 24/7 with information on budgeting and ways to stay on track.

ONLINE SEMINAR

Your Routine Financial Check-up

Examine your finances from a variety of perspectives, and review and prioritize all of your debts as you explore your assets.

Visit your home page starting Mar. 20th:

www.uhs.net/EAP

USERNAME: **CVCS D**

PASSWORD: **employee**

TOLL-FREE: **866-649-2392**

Counseling: 800-445-3569

607-763-6474

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life. If you do not know your sign-on information, call: 607-763-6474

