

Protect Your Finances During COVID-19

Sutter Health EAP in partnership with My Secure Advantage



During the COVID-19 pandemic, it's normal to feel uncertain about many aspects of your life, including your finances. Through Sutter Health's Employee Assistance Program (EAP), you can get help from an experienced money coach.¹ Together, you can find the best way to maintain your financial health.

Financial Planning Benefits

Your Sutter Health EAP provides work/life benefits, including financial planning services. To learn more about the specific benefits available to you, call EAP and we'll connect you with a My Secure Advantage Money Coach who can help you:

- Create a plan that accounts for adjusted income.
- Understand the latest governmental assistance programs.
- Work with creditors, including your mortgage lender or landlord.
- Start and build emergency savings.

Online Financial Planning Support

To support members during the COVID-19 pandemic, My Secure Advantage is making additional financial planning resources available to all Sutter Health EAP members through hosted webinars.

Previously recorded webinars:

- [Financial Best Practices in Uncertain Times](#)
- [Financial Impacts of COVID-19](#)

Register for upcoming webinars:

- [Budgeting When Income Is Uncertain](#)
- [Investment Strategies in Volatile Markets](#)

Reach Out for Help

Sutter Health EAP provides employees and family members with referrals to licensed, professional therapists. We also provide referrals for caregiving, legal and financial resources. EAP services are free and confidential.

**For more information, visit sutterhealth.org/eap
or call 800-477-2258 to learn more about your benefit.**

¹Work/Life benefits are not included in all benefit plans. Contact Sutter Health EAP for details regarding eligibility for Work/Life benefits offered through your benefit plan.