

Financially Fit

Money is one of the biggest areas of stress, but implementing a few smart habits can ease the pressure. Take some time to review your expenses and savings goals. Use EFR's Financial Consultation benefit for access to financial calculators, toolkits, and worksheets. You'll find those resources here.

Challenges



Use the financial calculators available through your Employee Assistance Program (EAP)

Review your recurring subscription expenses

Check your retirement allocations and projections

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		