

EMPLOYEE ASSISTANCE PROGRAM

Financial Services

Helping You Achieve Financial Success

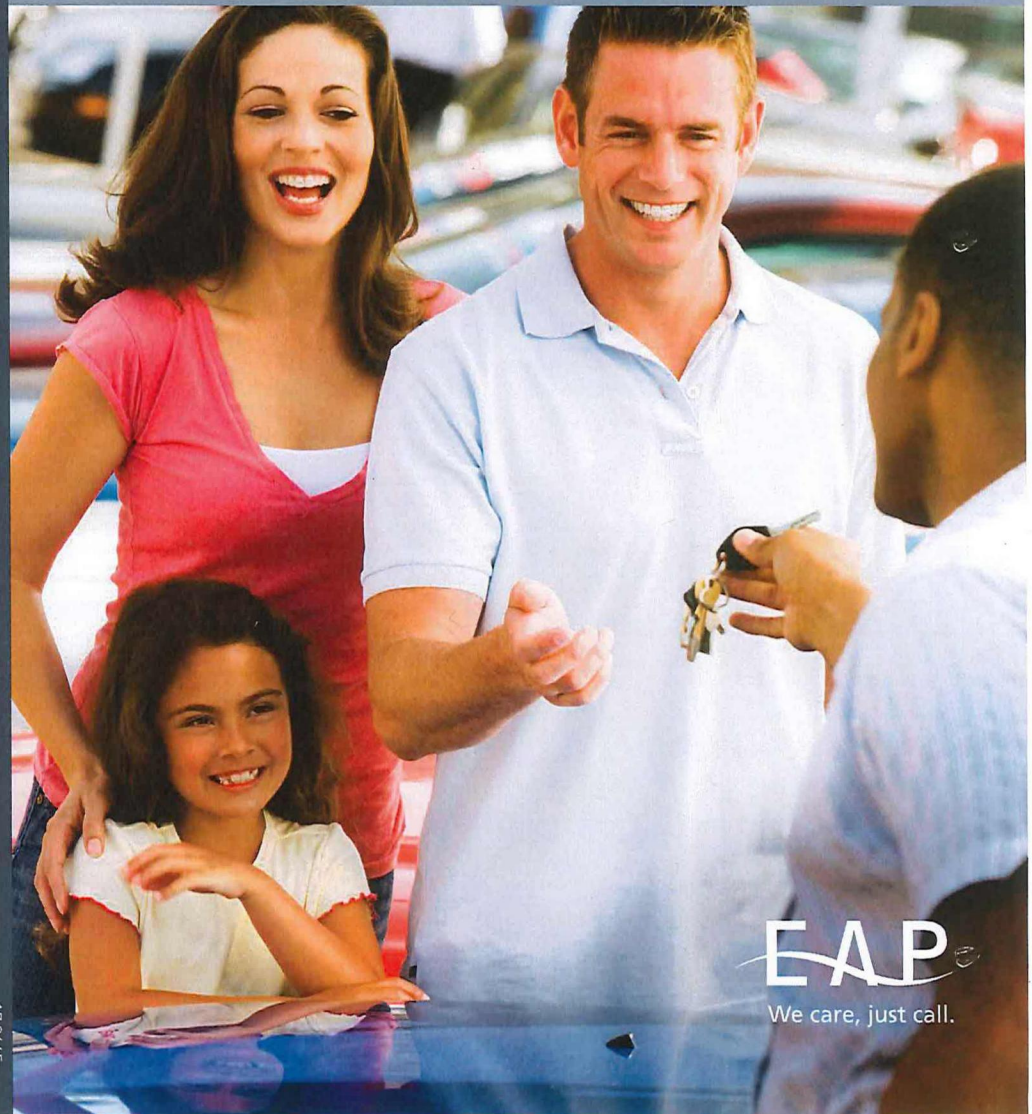
EAP

PSC |  Federal
Occupational
Health

Please contact us: (800) 222-0364
or TTY: (888) 262-7848
www.FOH4You.com

Federal Occupational Health is a component
of Program Support Center within the
U.S. Department of Health and Human Services

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EAP
We care, just call.



Sound information and financial planning are critical to achieving financial success. To help you obtain financial security, your Employee Assistance Program (EAP) offers the financial services program. Designed to provide you with what you need to reach your financial goals, the EAP's financial services program offers objective, targeted information on a wide range of topics.

Our financial consultants will help you identify your needs and explore your options on a variety of topics, including:

- ▶ Deciding whether to buy or lease your next car
- ▶ Selecting which credit card to pay off first
- ▶ Family budgeting
- ▶ College budgeting
- ▶ Buying a home
- ▶ Setting your financial goals
- ▶ Debt consolidation
- ▶ Savings and investment strategies
- ▶ Determining how much you will need to save to retire comfortably
- ▶ Finding a financial planner in your community

The financial services program is a free benefit offered to you by your agency. To learn more, simply call your EAP toll-free number at **(800) 222-0364** or TTY: **(888) 262-7848**. You can also visit our website at **www.FOH4You.com**, where you will find information and resources on a wide variety of topics.

WHO CAN USE THE FINANCIAL SERVICES PROGRAM?

This service is available to you, your household members, and dependents.

IS THERE A CHARGE FOR THESE SERVICES?

No. This is a benefit offered at no charge to you by your agency. However, if you are referred to a resource outside of the financial services program, there may be charges for which you are responsible.

WHEN CAN I CALL FOR FINANCIAL ADVICE?

Our financial consultants are available during regular business hours. However, you can call the EAP toll-free number anytime, day or night, and an EAP representative will assist you with arranging a consultation.

HOW OFTEN CAN I CALL?

You can call as many times as you need until your questions are answered and your problems are resolved.

WHAT KIND OF INFORMATION WILL I RECEIVE?

The program offers practical financial information and financial planning tools. If your issue involves debt management, you will be referred to a credit counseling service. The financial services program does not arrange for loans or direct payment of loans.

WILL THE REPRESENTATIVE RECOMMEND SPECIFIC PROGRAMS OR FINANCIAL PRODUCTS?

No. You will be given information that will help you evaluate your options and make sound financial and consumer decisions. However, the responsibility for making those decisions lies solely with you.

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FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.

INTRODUCING YOUR EMPLOYEE ASSISTANCE PROGRAM

Today, employees are busy juggling work and family and it is not unusual to encounter difficulties with stress, family, relationships, alcohol, work, or other concerns, which can have an effect on your overall quality of life. To address these concerns, NRCS have partnered with Federal Occupational Health (FOH), to provide you with a wide range of Employee Assistance Program (EAP) services at no cost to you.

With just a phone call or a keystroke, you can access services on the Internet and via a professionally staffed call center.

EAP services are convenient and confidential. Licensed counselors are available to help with difficult personal issues. These are just some of the services that are available to you:

- Access to licensed counselors who provide in-person, short-term counseling
- Assistance with a wide range of concerns – relationships, legal, financial, family, substance abuse, children, and more
- Crisis Response Services
- Supervisor and Management Consultation
- Information and Resources from a Robust Website - **FOH4You.com**
- Child and Elder Care Resources
- On-Line Presentations, Webinars, and Podcasts

Telephone Access

To make a confidential EAP appointment with a licensed counselor call **1-800-222-0364** (or 888-262-7848 if you are hearing-impaired). Call anytime – we're available 24/7. You will be offered assistance or given an appointment to meet with a counselor. Meetings with your counselor are confidential within the guidelines of the law.

When contacting the EAP please use **USDA/Natural Resources Conservation Service/NRCS** to identify your agency.

Online Access

Go to www.FOH4You.com (click "enter") to access information and resources, self-help assessments, webinars, podcasts, and more.

To access on-line presentations go to **Quick Links** and choose the presentation you want to view. Select option "watch video" (for some presentations) and select your agency from the pull down menu.

To access legal and financial information go to **Benefits** and select **Legal and Financial Consultation**.



Employee Assistance Program
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WWW.FOH4YOU.COM

