

Feeling financial pressures?

Your EAP can help!

Tools for Tough Times

An EAP information benefit to help you cope with today's tough money matters.

Whether it's inflation and rising costs or struggling to reach financial goals, we offer tools that can help you do more with less.

If you're having trouble juggling priorities and need ideas for stretching your money, our tools will offer some help.

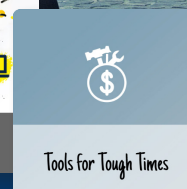
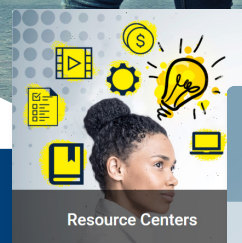
Here are issues addressed in this resource center:

- ✓ Mortgages and Home Ownership
- ✓ Debt and Money Problems
- ✓ Financial Tools
- ✓ Heating and Home Energy
- ✓ Gas and Driving
- ✓ Frugal Living

 Explore EAP Benefits to Help with Personal Finances: [View video](#)



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How to Access This Benefit:

1. Click the **'Member Login'** button at www.TotalCareEAP.com.
2. **You only need to register once.** If you have an account already, enter your Username and Password to log in. **If not, move to step 3.**
3. Click on **"Register"** and create your own Username and Password, then click **REGISTER.**
Please Note: Look for an email at the email address you provided and click to verify before you can log in to the site.
4. Once logged in, click the **"Resource Centers"** tile and select the **"Tools for Tough Times"** icon.



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