

# Financial Fitness

## HOW TO LIVE LEAN

EMPLOYEE  
ASSISTANCE  
PROGRAM  
FEB 2015



**Learn techniques to manage your money, reduce debt, and save for the future.**

Your Employee Assistance Program can help with:

- Financial calculators for personal finance, home finance, investments, retirement, and more
- Library of financial articles and tip sheets
- Financial forms and tools available for download
- Resource links to financial information you need

TOLL-FREE:

**866-327-2400**

WEBSITE:

**[www.sonmeap.com](http://www.sonmeap.com)**

USERNAME/PASSWORD:

**SONMEAP**

EMAIL:

**[eap@deeroaks.com](mailto:eap@deeroaks.com)**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

