Planning financially for the future is a priority for most people. But it can also be stressful when you find yourself faced with issues that you have neither the expertise nor the resources to solve. Luckily, you have both at no cost to you through your Cigna Employee Assistance Program (EAP) offered by your employer.

You can get a referral to a qualified specialist for a free 30-minute in-depth financial needs analysis over the phone. Most issues can be resolved within the initial call, but additional telephone support is available, if needed. In addition, when you take advantage of this service, you’ll also receive 25% off tax planning and preparation services through participating tax professionals.

Speak to a specialist who can offer helpful tips on a wide range of topics, including:

- Debt counseling
- Credit management
- How to reduce living expenses
- Budgeting techniques
- Reverse mortgages
- Cash flow analysis
- College funding
- How to order and read a credit report
- Restoring credit
- Correcting a credit report
- IRS problems
- How to negotiate a late car payment
- IRA rollovers
- How to negotiate a late utility bill
- Divorce planning

We’re here to listen. Contact us any day, anytime.

Call 1.800.554.6931
Or log in to CignaBehavioral.com
Have your employer ID number handy: stolaf

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Explanation of poor credit history with credit bureaus
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Strategies to help prevent automobile repossession
Strategies for buying homeowner’s insurance