



March 2025

Work Well.
Live Well.



Manage Your Taxes With Confidence

Tax season can be overwhelming, stressful and confusing. With your EAP, you have access to [resources](#) that can help you manage your stress and navigate financial challenges so that you can be prepared! Access resources [here!](#)

Need Some Guidance?

We could all use some help every once in a while. If you're feeling confused or don't know where to start when it comes to your taxes or managing your finances, *give us a call*. You have access to a **no-cost 30-minute financial consultation** where we can help ease your stress. [Learn more.](#)

Keep Your Stress Under Control

We know managing your taxes can be stressful, as well as trying to manage deadlines and potential financial concerns. Your EAP offers tools to help manage your stress during this time, whether it's with [stress resources](#) or counseling sessions to help take some weight off your shoulders. [Manage your financial stress.](#)

Become Proactive!

One of the best ways to make sure your tax season goes smoothly is by being prepared. Throughout the year, it's important to make sure you're budgeting and spending within your means so that come tax season, you won't be surprised. You should also take time to review your tax withholdings and other documents to make sure they are correct and up-to-date. [Log-in to your EAP](#) and access financial calculators to help keep you on track and [learn how to lower your taxes.](#)

Download the Lucet EAP app in the [Apple App Store](#) or in the [Google Play Store.](#)

Get started with your EAP by joining this month's free webinars:

Emotional Wellbeing for Parents
Wednesday Mar. 19, 2025
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

Enhancing Critical Thinking Skills
Wednesday Mar. 26, 2025
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544
Visit eap.lucethealth.com