



CG SUPRT offers financial consultation services in addition to counseling and a variety of other work-life resources. You may confidentially request these services, 24/7, by calling **855-247-8778 (855-CG SUPRT)**. All services are provided at no cost to Coast Guard Active Duty, Selected Reservists, Civilian Employees and family members. Below is more information.

**Money Coaches** – CG SUPRT offers unlimited coaching with a Money Coach who will provide expert guidance to help you achieve your financial goals. Your coach can answer questions, help you set goals, and make plans to reach them.

Examples of issues for which financial coaching is offered include:

- Debt consolidation
- Budgeting
- Retirement Planning
- Money management
- Repairing your credit history
- Identity theft prevention and repair
- Setting personal and family financial goals
- Investment options

**Financial Training** – Trainings and classes are available, covering a variety of financial topics such as: *The Financial Wellness Playbook*, *Money Basics: Spending, Borrowing and Saving*, *I Want to Buy a House*, *Estate Planning: Financial Basics*, *Getting and Keeping Good Credit*, *Investing: A Beginners Guide*, and *Family Finances: From Toddler to Teen*. Trainings can be requested through your PFM in your AOR.

**On-Line Tax Filing** – Free online tax filing through HR Block is available at [www.CGSUPRT.com](http://www.CGSUPRT.com). To access the tax service: go to [www.CGSUPRT.com](http://www.CGSUPRT.com), click on *My CG SUPRT Site*, and then the *Financial* tile where you will find a link for *Tax Filing*. There you can set up your profile and file your taxes for free.

**Additional On-Line Resources** – There are numerous resources at [www.CGSUPRT.com](http://www.CGSUPRT.com). Click on *My CG SUPRT Site* to log in. Go to the *Financial* tile and you will see a variety of topics such as:

- Webinars
- Financial Calculators
- Budgeting Resources
- Identity Theft
- Going Green
- Blended Retirement System
- Estate and Retirement Planning
- Home Ownership
- Insurance
- Investing
- Taxes
- Banking and Credit
- Debt and Bankruptcy
- Auto Ownership