

[R&R Financial Consultation](#)

0:04

NIH cares about the well-being of you and your family. We are excited to share with you a useful service available to NIH employees, contractors, trainees, and fellows through the NIH Child and Family Programs, the NIH resource and referral service. This service is provided by Adventist Healthcare Lifework Strategies and offers five types of assistance to meet your personal and family needs.

0:31

They are financial consultation, legal consultation, identity theft prevention, adult elder care, and child care. During this brief presentation, I will provide details about the financial consultation service.

0:49

When a financial issue disrupts your life, it can create a considerable amount of stress for you and your family. To help minimize the impact, NIH offers services to assist with managing the many complexities of these events.

1:03

Through this service, you and your dependents have access to one free 30-minute telephone consultation with a financial advisor or CPA per financial topic.

1:15

Services are available by phone and it's completely confidential.

1:22

Through our nationwide network of professionals, this service can save you time and provide you valuable information while giving you a peace of mind. Consultations are meant to be short-term and solution-focused. Should you need longer than the 30 minute consultation and choose to continue with the same provider,

1:41

you can get a discounted rate for future sessions. For your convenience, 24 hour emergency service is available if an urgent matter arises at any time of the day. You can call about topics such as: taxes and IRS matters, debt and credit, retirement planning, college funding, Social Security or Medicare, mortgage and refinancing, and much more. This list here scratches the surface of common issues

2:14

and if you are unsure about whether something classifies as a financial counseling topic, feel free to call the resource and referral service line and we'll be happy to get you connected to the help that you need. A question you may have is: what happens when I call the resource and referral service line? You will speak with one of our friendly intake specialists who will complete a brief assessment. You will then get connected to the service that best fits your needs. As a reminder, the service is 100% confidential and is available 24 hours a day, 7 days a week.

2:51

Be sure to check out the other NIH resource and referral services: legal consultation, ID theft prevention, Child care, and adult elder care.

2:58

Support is only a phone call away! To reach a Work-Life Specialist, call 1-800-777-1720.

To learn more about other NIH child/adult/elder/family resources, visit the NIH Child and Family Programs website at www.childfamilycare.ors.nih.gov.