

# Being fit isn't just physical

## Introducing Financial and Legal Fitness, available through Aflac.

Our daily lives often come with questions. Is it the right time to buy a house? What do I do about my debt? How do I care for my aging parents?

Sometimes, getting a little guidance just makes life easier. That's where Financial and Legal Fitness comes in. Now you can have phone sessions with licensed, professional counselors who can provide guidance for nearly any financial or legal matter — at no cost to you.. And you have unlimited access to online tools, for more help along the way.



# Navigate life confidently with Financial and Legal Fitness



**TELEPHONE GUIDANCE SESSIONS** Get personal help when you need it through 30-minute telephone sessions with a professional financial or legal counselor (1 call per topic – at no cost to you)



**FINANCIAL SPECIALISTS** Get advice on debt management, life insurance, college funding, credit management and more



**LEGAL SPECIALISTS** Get help with will and estate planning and family, criminal and elder care law



**COMPREHENSIVE ONLINE TOOLS** Access 200+ financial tutorials, plus calculators, webinars, downloadable legal forms to help with will preparation and more

## HealthAdvocate<sup>SM</sup>

**Financial and Legal Fitness — for guidance along life's journey.**

When your coverage begins,  
call: **855-423-8585** | visit: [healthadvocate.com/Aflac](https://healthadvocate.com/Aflac)

Available through Aflac, powered by Health Advocate.

CAIC's affiliation with the Value-Added Service providers is limited only to a marketing alliance, and CAIC and the Value-Added Service providers are not under any sort of mutual ownership, joint venture, or are otherwise related. CAIC makes no representations or warranties regarding the Value-Added Service providers, and does not own or administer any of the products or services provided by the Value-Added Service providers. Each Value-Added Service provider offers its products and services subject to its own terms, limitations and exclusions. Value-Added Services are not available in Idaho or Minnesota. State availability may vary. Continental American Insurance Company, a proud member of the Aflac family of insurers, is a wholly-owned subsidiary of Aflac Incorporated.

Continental American Insurance Company | Columbia, South Carolina

[aflacgroupinsurance.com](https://aflacgroupinsurance.com) | 1.800.433.3036