Emergency Funds — A Simpler Approach

Protect your peace of mind with support from the Employee Assistance Program (EAP).

An emergency fund is money set aside for unexpected expenses—things you didn't plan for, like car repairs or medical bills. It's not for everyday spending or vacations.

Common Uses Include:

- Car or transportation repairs
- Medical or dental bills
- Emergency travel
- Unexpected family expenses

How Much Should I Save?

Aim for $500–$1,000 to start. Even a modest emergency fund can reduce stress and prevent reliance on credit cards during tough times.

Where Should Emergency Money Be Kept?

Keep it separate from daily spending, easily accessible, and safe from market ups and downs (e.g., a high-yield savings account).

How to Build It

Start small. Use part of overtime, bonuses, or tax refunds to build your fund gradually. Even small, consistent deposits will add up over time.

The Benefits of an Emergency Fund

- **Peace of Mind:** Reduces stress knowing you're prepared for the unexpected.
- **Avoid Debt:** Helps you avoid using credit cards in emergencies.
- **Stability:** Offers financial security during uncertain times.

The USPS Employee Assistance Program (EAP) offers confidential* resources to help you create a budget, get financial advice, and build your emergency fund. We're here to support you. Reach out or visit EAP4YOU.com to learn more.

***The USPS Employee Assistance Program (EAP) is managed by an external organization, Lucet. All information disclosed to Lucet and its staff is confidential and is not shared with anyone, including USPS, without your written consent unless disclosure is required by law (e.g., threats of harm, child or elder abuse, and court orders).**