

Resource Spotlight:

Financial Literacy & Wellness

Financial wellness plays a key role in overall health, job satisfaction, and peace of mind. The USPS Employee Assistance Program (EAP) is committed to supporting employees and their families by highlighting trusted resources that can help you build financial confidence, reduce stress, and plan for the future.

USPS Federal Credit Union

<https://uspsfcu.org/>

The USPS Federal Credit Union is a member-owned institution created specifically for postal employees and their families. It offers products and services designed to support financial stability and long-term goals:

- Checking and savings accounts
- Low-interest loans and VISA credit cards
- Financial education and planning tools
- Auto, home, and personal lending support

Membership provides access to competitive rates and services tailored to the USPS community.

MyMoney.gov

<https://www.mymoney.gov/>

MyMoney.gov is the U.S. government's official financial education website, managed by the Financial Literacy and Education Commission. It offers reliable, unbiased information to help individuals make informed financial decisions across all stages of life. The site covers five core areas of financial wellbeing:

- Earning income and understanding benefits
- Saving and investing for the future
- Spending and budgeting wisely
- Borrowing and managing credit responsibly
- Protecting finances from fraud and identity theft

The MyMoney.gov website provides articles, tools, and guidance written in clear, easy-to-understand language and is free to use.

Federal Financial Fitness (F3E)

<https://f3eonline.org/>

The F3E program is designed specifically for federal employees, including USPS staff. It offers:

- Self-paced online financial education modules
- Worksheets and interactive learning tools
- Guidance on major life and financial decisions
- Support for building strong financial habits

F3E allows employees to explore topics at their own pace and focus on areas most relevant to their needs.

Financial concerns are common—and help is available. The USPS EAP offers support and guidance at no cost. Reach out or visit EAP4YOU.com for additional information and resources.