

## Getting Started?

  


GuidanceResources Online welcomes the Association of Washington Cities Employee Benefit Trust.

### I'm Looking For:

- Counselor
- Lawyer
- Certified Financial Planner
- Child Care Provider
- Elder Care Provider

### Site Highlights

Write your will with EstateGuidance®

### E-mail Newsletters



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Have great articles and helpful tips sent right to your e-mail inbox.

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### Watch-It-Now! Video



Diet and Exercise Tips Video

### Alert: Breaking News and Information



#### Severe Storms

Several tornadoes were reported in Oklahoma and Kansas on Monday as violent storms tore through the Southern Plains. Get the latest updates and resources here.



### Hearing Development Checklist

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### News Headlines

May 12, 2010

- College Dating Study Divided
- New Safety Rules for U.S. Poultry
- Health Officials, Nonprofits Split on Spending

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#### Hot Topics

- Lightning Safety Tips
- Saving Water-damaged Photos

### Featured Articles



#### What is the small engine rule? *=New!*

New emission standards have been implemented for small engines used in lawn equipment and small boats, and are aimed at significantly reducing pollution. The United States Environmental Protection Agency's Office of Transportation and Air Quality discusses how this will affect consumers.



#### May: Mental Health Month

Mental illness is an issue that affects individuals, families and communities worldwide. Use these daily suggestions to maximize your mental fitness.



#### Resource Guide for Having a Baby

There is no instruction manual for having a child. However, we provide this information to help guide you along the way from pre- to post-natal health.



#### Gardening for Stress Relief

One of the benefits to gardening is the stress-relieving properties it offers. Learn how to increase your garden's therapeutic potential.

### Ask a Guidance Consultant

Send a question or call your Guidance Consultant at (800) 570-9315



### Featured Program

Write your will for only \$19.99!

### EstateGuidance®

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### Tell-It-Now! Poll

In the current economic climate, which of the following worries you most?

- Personal finances.
- Health care.
- Job security.
- Family/relationships.
- Other.

[Browse the Poll Archive](#)

### Is work stressing you out?

[Click here to find out](#)

### Financial Stress Survey



Win a free book! Take the following **Financial Stress Needs Assessment** to receive financial stress tips, and to be eligible to win a free book, *The Total Money Makeover: A Proven Plan for Financial Fitness*, by Dave Ramsey.

[Feedback](#)

# Employee Access—Easy & Personal

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**News Headlines**

**September 18, 2009**

- U.S. Households Getting Richer
- Study Positively Links Sugary Drinks to Obesity
- Vegan Diet Touted at Health Conference

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**Hot Topics**

- Workplace Violence
- Updated H1N1 Information

**Ask a Guidance Consultant**

Send a question or call your Guidance Consultant at XXX.XXX.XXXX

Responses from the Consultants

**Site Highlights**

- [HealthyGuidance®](#)
- [Write your will with EstateGuidance®](#)

**Do symptoms of H1N1 differ from seasonal flu?**

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**Featured Articles**

**NEW: Informative Slideshows**  
Turn off the lights - it's just one of many ways to "Go Green." Learn other tips and more by checking out our new slideshows. Others include: Celebrities with Diabetes, Popular Dog Breeds and 10 Money-Saving Tips.

**Health Benefits of Eating Fruits and Vegetables**  
A growing body of research shows that fruits and vegetables are critical to promoting good health. They contain essential vitamins, minerals and fiber that may help protect you from chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

**National Cholesterol Education Month**  
Cholesterol plays an important role in keeping your body functioning properly. However, too much cholesterol can lead to health problems. Read more to learn how you can keep your cholesterol under control.

**Tell-It-Now! Poll**

Has the economic downturn impacted your work? If so, in what area have you experienced the greatest impact?

- I'm working more hours.
- I'm unable to take as much vacation.
- I'm doing the work of employees that were laid off.
- There is more conflict/stress among coworkers.
- I haven't received a raise/my compensation has decreased.

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