

PFMC Quick Reference Guide

CG SUPRT Personal Financial Wellness

To access CG SUPRT marketing materials

- CG SUPRT overview presentation & posters for PFMC use are available at www.cgsuprt.com
- Visit www.cgsuprt.com and under "Quick Links," click on "Marketing Resources for HSWL use"

To order Personal Financial Wellness promotional materials

- PFMCs should visit www.cgsuprt.com and under "Quick Links," click on "Marketing Resources for HSWL use." Click on the link under "Personal Financial Management Marketing" to access the order form

To schedule a Personal Financial Wellness Class

- PFMCs can visit www.cgsuprt.com and under "Quick Links," click on "Marketing Resources for HSWL use." The CG SUPRT Personal Financial Wellness Onsite Class Request Form is located under "Training Request Documents"
- Complete form and email to the CG Family Support Services Program Manager at HQS-SMB-FamilySupportServices@uscg.mil for processing
- Requests must be submitted at least 5-6 weeks ahead of the requested event date

To set up 90 Day Money Coaching Services

- Members can call 855-CGSUPRT to schedule a telephonic coaching session with a financial coach. Money Coaches are available M-F 6am-8pm PST
- Members can activate their personal Money Coaching website from the Personal Financial Wellness page located under "Quick Links" on the www.cgsuprt.com website
- Topics for coaching include: debt, credit, retirement, taxes, investing, divorce, bankruptcy, identity theft, budgeting, and mortgages

To attend a financial webinar

- Visit the Personal Financial Wellness web page on www.cgsuprt.com, the link is located under "Quick Links"
- Locate the desired webinar to attend based on the dates and times listed
- Click the corresponding link as indicated to launch the webinar at the preidentified date/time
- There are live webinars with Q&A scheduled each month as well as access to pre-recorded webinars on various topics that can be viewed at any time
- Webinars can be viewed or attended individually or set up classroom style for more discussion
- Currently the webinars take place on the DCS platform. If you or a member have technical difficulties accessing a webinar, contact the DCS Service Desk: 1-844-347-2457. For further info on DCS: <https://www.dcs.apps.mil>