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**Subject:** February Health Safety and Work-Life News Bullets  
**Date:** Thursday, February 01, 2018 6:03:25 AM

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## Please switch to HTML:

Good morning,

Welcome to the February edition of the Base Seattle Work-Life Monthly “News Bullets”. See a topic and click on the link or contact the POC to learn more!

**Any problems or concerns with using CGSUPRT?** Did you know they are required to provide a “warm hand-off” for support and follow up within 24-48 hours? Contact any of your work-life staff or email us at [BaseSeattle-Worklife@uscg.mil](mailto:BaseSeattle-Worklife@uscg.mil) for assistance.

**Emergency Savings: How do I start? How much is enough?** Get FREE financial support from CGSUPRT Personal Financial Wellness Program. For more information, contact Ms. Angela LeMaster (206)217-6615  
[www.cgsuprt.com](http://www.cgsuprt.com)

**Did you know you can file your taxes (Federal and State) for FREE through CGSUPRT? File early to avoid tax return IDENTITY THEFT!** For more information, contact Ms. Angela LeMaster (206)217-6615  
[www.cgsuprt.com](http://www.cgsuprt.com)

**PCS season is fast approaching. Learn how to be the BEST sponsor you can**

**be! Online training now available.** For more information, contact Ms. Angela LeMaster (206)217-6615

<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Transition%20Assistance%20Program.aspx>

**Have you seen the NEW Work Life web site? Check it out and share your feedback at [BaseSeattle-WorkLife@uscg.mil](mailto:BaseSeattle-WorkLife@uscg.mil)**

<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Work%20Life%20Home%20Page.aspx>

V/r

Your Work Life Staff

Work Life Web Site:

<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Work%20Life%20Home%20Page.aspx>

Base Seattle Web Site:

<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Home.aspx>