

Thought of the Week

February – Estate Planning

A good estate plan is necessary to make your desires a reality. The steps in your plan may include candid family discussions, drafting a will and trust, changing the beneficiary designations on your accounts, and buying life insurance.

For additional information, sign in to www.sentaraEAP.com with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for “Estate Planning.”



EAP Thought of the Week is developed for Sentara EAP clients by the Sentara EAP staff. Sentara EAP assists with challenges at home or at work. To schedule a confidential appointment with a licensed clinical professional, call 1-800-899-8174.

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