



Setting up your new life in another home or community can be stressful!

A new appointment brings opportunities for furthering your call, but you may need to take a step back to give yourself time to adjust.

Wespath offers resources to help you cope.

- Are you stressed? Read our [web article](#) about how appointment changes impact clergy stress and how to make the transition easier.
- Are the adjustments hard on you or your family? Consider using your [EAP](#) (if you have one) for counseling to help you and your family deal with the stress of moving or for information about settling into a new community and finding local resources, such as child care or elder care. Optum, the EAP provider for HealthFlex participants can be reached at **1-800-788-5614**.
- Is your budget stretched? Call [EY Financial Planning Services](#) at **1-800-360-2539** for help with financial stressors related to moving or for expert assistance with other financial matters. EY provides confidential, objective financial counseling at no additional cost to eligible participants*.

If any of your moving expenses were paid (or reimbursed) by your church or conference, [view our video](#) about the potential tax and benefit implications.

Good luck with your new appointment!

* Costs for these services are included in Wespath's operating expenses that are paid for by the funds. Services are available to active participants and surviving spouses with an account balance in Wespath-administered plans, and to terminated and retired participants with an account balance of at least \$10,000.

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