



for

Health

Our Help Is Needed

- One in eight women will develop invasive breast cancer over the course of her lifetime.
- Every two seconds someone in the U.S. needs a lifesaving blood transfusion.
- Internationally, more than 1.5 million children under the age of 5 die yearly from vaccine-preventable diseases.



Kat Sepka
Federal Employee

It's Easy To Make An Impact

Promote Hygiene



\$30

delivers emergency hygiene kits to a family of four impacted by a disaster.

Prevent Disease



\$50

vaccinates 40 children against polio.

Provide Medical Supplies



\$75

sends eight exam tables to establish remote medical care clinics.

Give Clean Water



\$110

provides clean water for a year to a family of three.

Save a Child's Life



\$250

trains a midwife to save hundreds of newborns.

Help Detect Breast Cancer



\$500

provides mammograms for five women in need.

Here's How It Works



1. Choose to give online or via paper pledge form

2. Select your payment method

3. Donate to charities working on your favorite causes

4. Charities receive and use funds throughout the year

5. Help is given to those in need

Choose your cause
and show some love today.





It's now easier than ever
to **Give** to your favorite causes.

Choose from thousands of
**Local, National
& International
Charities**
and make an
impact
in the world
around you.

Roger Mireles
Federal Employee

Campaign Worker Contact Information



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Bessie Sharpe
Federal Employee

Campaign Worker Contact Information



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Education

Our Help Is Needed

- More than 60 percent of low-income families cannot afford to have books in their homes.
- Only 44 percent of U.S. high school graduates are ready for college-level math and only 36 percent are ready for college-level science.
- Nearly 124 million children and adolescents are denied the right to education around the world.



Chamisa Redmond
Federal Employee

It's Easy To Make An Impact

Equip Students

\$25



provides a backpack and school supplies.

Give the Gift of Literacy

\$58



teaches a child or adult how to read.

Provide Child-Friendly Spaces

\$80



provides refugee children with a safe space to play.

Help Provide Books

\$120



provides life skills textbooks for two classrooms.

Empower Youth

\$250



funds a youth entrepreneurship program.

Encourage STEM Education

\$520



provides a STEM education bundle for an entire fourth grade.

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Military Support

Our Help Is Needed

- More than 250,000 service members will transition into civilian communities each year during the next four years.
- One in 10 homeless adults is a veteran.
- Since 2001, more than two million American children have had a parent deployed at least once.
- Deployed veterans have a 41 percent higher suicide risk compared to the general U.S. population.



Sgt. Brendan Schuler
U.S. Marine Corps

It's Easy To Make An Impact

Support Military Families

\$20 provides a hot meal to a struggling military family.

Give Comfort to the Wounded

\$50 provides a comfort kit to a service member in the hospital.

Keep Families Connected

\$75 supports technology to keep service members connected to their families.

Give Shelter

\$150 helps military families keep a roof over their heads.

Help Veterans Succeed

\$300 gives veterans career guidance to help secure jobs.

Support Medical Care

\$500 trains caregivers of wounded, ill or injured troops.

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