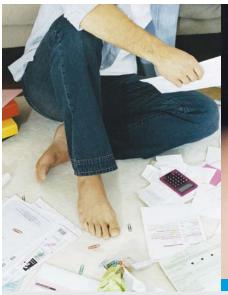




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Understanding Financial Wellness

The primary goals of financial wellness include:

- Being aware of your financial situation
- Living within your financial means
- Saving money for the future
- Building security in all areas of your personal finance
- Achieving financial stability

These tips can help you better manage your money to support improved health and well-being:

- Create a budget. It's the key way to curb overspending.
 Follow these steps:
 - 1. Identify how much money you make each month.
 - 2. List your necessary expenses such as insurance, bills, food, rent or mortgage, etc.
 - Figure in your optional expenses such as dining out, cable TV, gifts, etc.
 - 4. Calculate the difference between money earned and money you normally spend to see if you're breaking even, or are over- or under budget.
 - 5. Track your spending every month. The aim is to be under-budget for financial security.
- Save. The recommended advice is to have at least three months' salary saved. But every little bit counts, and every dollar you save yields a little more financial security.

- Evaluate your spending. If your first month's tracking reveals you're spending too much, take these steps:
 - Look at your expenses and determine needs versus wants.
 - 2. Keep your spending less than your income.
 - Cut back. For example, if you buy lunch every day, opt to pack your lunch instead.
- Monitor your credit. If you can't pay the balance on your credit cards each month, you'll pay interest. This means you're spending more than the item's listed price!
- Turn to Us. Your EAP+Work/Life Program offers confidential help with finances and a full range of personal, work and family issues.



