

Financial Security



Follow these steps for long-term financial wellness.

- Pay bills on time.
- Create a budget that you maintain and adjust as needed.
- Set up automatic payments for recurring bills.
- Pay more than the minimum on debt payments every month and establish a debt management plan.
- Avoid unsecured consumer debt (a loan with no collateral).
- Set aside emergency savings of at least \$500 (aim for 3-9 months or more if possible).
- Create SMART (Specific, Measurable, Achievable, Relevant, and Time bound) goals for specific objectives.
- Review your credit score regularly.
- Contribute to your organization's retirement plan (aim for at least 10-15% of your income).
- Understand how much you need to save for retirement to fund your desired lifestyle.
- Regularly review investment performance and fees.
- Maintain your car and house to avoid larger expenses.
- Avoid costly medical expenses by going to preventative medical appointments.
- Maintain insurance to manage risks, including health, auto, renters/homeowners, life and disability insurance. Make sure your life insurance coverage is adequate.
- Review or update beneficiary designations on financial accounts or policies.
- Set up a will or estate plan to protect loved ones.

Contact your Employee Assistance Program to create a comprehensive financial plan.

My Secure Advantage, Inc. "Financial Wellness Fundamentals Checklist", "Planning for the Future" and "Financial Skills for Life", 2020.



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

TOLL-FREE:
1.800.999.1077

WEBSITE:
EAPHelplink.com

CODE:
EAPNOW