

# Financial Wellness Challenge - Calendar of Suggested Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>JULY</h1>			<b>31</b> Find important information and get the most from Fidelity's powerful tools and education. Download the NetBenefits Mobile App. <a href="#">Download the Fidelity App</a>	<b>1</b> Make sure your 401(k) Savings Plan is being passed on the way you want. Over 45% of ZOLL participants do not have a beneficiary elected.. Log into NetBenefits > Accounts & Benefits > Popular Tasks > About you > Update your beneficiary	<b>2</b> Understand how to save for your child's education with a 529 plan. <a href="#">529 Plan Webinar</a> <a href="#">529 Plan Information</a>	<b>3</b> Teach your teenager money skills for life. <a href="#">Money Skills for Teens</a>
<b>4</b> Check out Fidelity's Cyber and Fraud best practices for protecting yourself and the elders in your life. <a href="#">Cyber Says Personal Security - English</a> <a href="#">Cyber Says Personal Security - Spanish</a> <a href="#">Cyber Says Protect Against Elder Abuse</a> <a href="#">Executive Services Hard Card</a>	<b>5</b> Don't leave your retirement to chance. Review our Total Retirement Planner with a <a href="#">CAPTRUST Advisor</a> at no charge to you.	<b>6</b> Attend tomorrow's Financial Wellness Education Series presentation of Quarterly Market Perspective and get a <a href="#">unique look at what's been influencing the financial markets.</a>	<b>7</b> Reviewing your beneficiary designations is a critical part of the overall planning process. Make sure your life insurance benefit is being passed on the way you want. <a href="#">Review your life insurance beneficiary</a>	<b>8</b> Check out the many Calculators available to you on the <a href="#">CAPTRUST</a> website.	<b>9</b> Increase your knowledge of Advanced Trading utilizing Fidelity.com offerings. <a href="#">Advanced Trading Resources</a>	<b>10</b> Create a free <a href="#">My Social Security account</a> to estimate, plan and manage your benefits online.
<b>11</b> Check out the <a href="#">Top 25 Documents List</a> to view various financial documents that you may need in each stage of life.	<b>12</b> Take time to teach your teens about money. <a href="#">Teen Money Tips Podcast</a>	<b>13</b> Attend tomorrow's Financial Wellness Education Series presentation of <a href="#">Navigating Market Volatility.</a>	<b>14</b> Learn about different types of insurance including disability, life, and long-term care in a quick 4 minute video from <a href="#">CAPTRUST</a> .	<b>15</b> Approaching age 65? Learn about or refresh your knowledge of Medicare with our partner Doctor's Choice. <a href="#">Doctor's Choice - ZOLL</a> <a href="#">Doctors Choice Introduction</a>	<b>16</b> Check your Credit Score. Checking your credit history and credit scores can help you better understand your current credit position.	<b>17</b> Head over to Fidelity's " <a href="#">How You Money</a> " series of short but informative videos on a range of topics.
<b>18</b> Review your pay slip and understand each earning and deduction. <a href="#">Workday</a>	<b>19</b> How to save for future Medical Expenses - check out Fidelity's information on HSAs. Is it right for you? <a href="#">Discover the Potential of Your HSA</a> <a href="#">Exploring the Benefits of an HDHP &amp; HSA</a>	<b>20</b> Review all of your subscriptions - digital and physical. Eliminate any that are no longer relevant.	<b>21</b> Attend CAPTRUST webinar titled <a href="#">Retirement Income Withdrawal Strategies.</a>	<b>22</b> Check out the <a href="#">budgeting worksheet</a> to help you plan your monthly finances (Spanish version as well).	<b>23</b> Make a positive financial decision by cooking at home, making your own coffee, etc.	<b>24</b> Juggling paying off debts and saving can be stressful, especially if you are not sure where to start. Read the <a href="#">balance debt, saving and investing infographic</a> to see a step-by-step guide that can help you decide what to tackle first.
<b>25</b> Collect your banking information. Gather a list of all bank accounts with online login information and a list of safe deposit boxes. Ensure your spouse, child or executor is registered.	<b>26</b> Make sure your 401(k) Savings Plan is being passed on the way you want. Over 45% of ZOLL participants do not have a beneficiary elected. Log into NetBenefits > Accounts & Benefits > Popular Tasks > About you > Update your beneficiary	<b>27</b> Attend tomorrow's Financial Wellness Education Series presentation of <a href="#">Estate Plans can help protect what matters most.</a>	<h1>AUGUST</h1>			