



HEALTHY HEARTS!
HEALTHY YOU!

Build a Brighter Financial Future

Healthy Finances! Healthy You! Becoming more educated about your financial health can help you overcome money-related stress and improve your overall well-being.

Experience the benefits for yourself. Register today for the Financial Wellness Challenge on the Healthy Hearts! Healthy You! Portal and start your journey toward fiscal fitness.



HOW THE CHALLENGE WORKS

You and your covered spouse can **earn 50 points** toward your Healthy Hearts! Healthy You! Reward. Here's how to get started:

1. Follow the weekly themes to learn ways to improve your financial wellness.
2. Log at least 21 days of your financial journey from July 31 to August 27 on our site.
3. Practice healthy money habits and record "Yes" that you completed the financial well-being activity for at least 14 days.

WHAT YOU'LL LEARN

Each week you will receive emails to inspire your financial wellness journey, including:

- **Financial literacy for teens** – It's never too soon to start saving! Help teens in your life learn how to manage their finances.
- **Budgeting and eliminating debt** – Get tips to help you save more, budget effectively and pay off high-interest credit card debt.
- **Stay fraud-free** – Protect your finances! Learn simple tips that can help prevent fraud and keep your money safe.
- **Achieve your goals** – From buying your first house to saving for retirement, we'll help you maintain your financial goals.



Feel the benefits of financial well-being!
Register for the Financial Wellness Challenge
today at webmdhealth.com/zollwellness.

ZOLL



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SOURCE

WebMD: "How Can Financial Wellness Affect Your Health?"



Doctor Verified

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