

## LIST OF SUGGESTED ACTIVITIES

TOPIC	ACTIVITY
<b>General</b>	Find important information and get the most from Fidelity's powerful tools and education. <a href="#">Download the NetBenefits Mobile App.</a>
<b>Beneficiary</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. <a href="#">Log into NetBenefits &gt; Accounts &amp; Benefits &gt; Popular Tasks &gt; About you &gt; Update your beneficiary</a>
<b>Beneficiary</b>	What is a Beneficiary? <a href="#">Learn how to choose the right person or organization.</a>
<b>Beneficiary</b>	What is Probate, how does it work and how do I avoid it with my 401 (k)? <a href="#">Learn about the importance of naming your beneficiary.</a>
<b>Beneficiary</b>	Beneficiary Strategies - For friends and relatives outside the legally recognized, immediate family, a carefully prepared, <a href="#">up-to-date estate plan is even more essential.</a>
<b>Beneficiary</b>	How to include <a href="#">your pet in your estate plan.</a>
<b>Kids</b>	Financial Literacy for kids - Talking about finances can help <a href="#">demystify money for your kids and promote healthy financial habits.</a>
<b>Kids</b>	5 financial lessons kids won't learn in school - It's never too early to <a href="#">start teaching your kids financial concepts.</a>
<b>Kids</b>	Money Fundamentals for Your Teen - Explore ways to <a href="#">introduce your teen to smart money habits</a> and the benefits of investing early.
<b>Kids</b>	Tips for raising a saver - Start teaching kids about money early with <a href="#">Fidelity's age-appropriate lessons.</a>
<b>Kids</b>	Teach your teenager <a href="#">money skills for life.</a>
<b>Cyber Security</b>	Check out Fidelity's Cyber and Fraud best practices for protecting yourself and the elders in your life. <ul style="list-style-type: none"> <li><a href="#">Cyber Says Personal Security - English</a></li> <li><a href="#">Cyber Says Personal Security - Spanish</a></li> <li><a href="#">Cyber Says Protect Against Elder Abuse</a></li> <li><a href="#">Executive Services Hard Card</a></li> </ul>
<b>Cyber Security</b>	Take precautions at home to protect your <a href="#">home PC and mobile devices.</a>
<b>Cyber Security</b>	Monitor your accounts to reduce your chances of <a href="#">falling victim to cyber threats.</a>
<b>General</b>	Don't leave your retirement to chance. <a href="#">Review our Total Retirement Planner with a CAPTRUST Advisor</a> at no charge to you.
<b>General</b>	Check out the many Calculators available to you on the <a href="#">CAPTRUST website.</a>
<b>Emergency Fund / Budgeting</b>	<a href="#">Don't "swipe" the small stuff.</a>
<b>Emergency Fund / Budgeting</b>	Measure your current financial well-being and <a href="#">take steps to improve it!</a>

# Financial Wellness Challenge

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<b>Emergency Fund / Budgeting</b>	Learn <a href="#">how big your emergency savings should be</a> and where to consider keeping it. <a href="https://www.fidelity.com/viewpoints/personal-finance/save-for-an-emergency">fidelity.com/viewpoints/personal-finance/save-for-an-emergency</a>
<b>Emergency Fund / Budgeting</b>	Trying to juggle so many competing priorities can be stressful, particularly if you're not sure how best to focus your attention. Check out Fidelity's step-by-step guide to help you decide what to tackle first. <a href="https://www.fidelity.com/viewpoints/personal-finance/how-to-pay-off-debt">fidelity.com/viewpoints/personal-finance/how-to-pay-off-debt</a> <a href="https://www.fidelity.com/learning-center/personal-finance/avalanche-snowball-debt">fidelity.com/learning-center/personal-finance/avalanche-snowball-debt</a> <a href="https://www.fidelity.com/learning-center/search-results/?q=goal">fidelity.com/learning-center/search-results/?q=goal</a> <a href="https://www.fidelity.com/viewpoints/personal-finance/sandwich-generation-financial-planning-ppa">fidelity.com/viewpoints/personal-finance/sandwich-generation-financial-planning-ppa</a>
<b>Emergency Fund / Budgeting</b>	Sometimes it can be hard to figure out the best way to save money. These steps can help you cut through the financial noise in your life and start to save money, whether it's for a short-term goal, like a vacation or a longer-term one, like paying for a child's education or your retirement. <a href="https://www.fidelity.com/learning-center/smart-money/how-to-save-money">fidelity.com/learning-center/smart-money/how-to-save-money</a> <a href="https://www.fidelity.com/learning-center/smart-money/emergency-fund-examples">fidelity.com/learning-center/smart-money/emergency-fund-examples</a> <a href="https://www.fidelity.com/learning-center/personal-finance/lifestyle-creep">fidelity.com/learning-center/personal-finance/lifestyle-creep</a> <a href="https://www.fidelity.com/learning-center/smart-money/marriage-tips">fidelity.com/learning-center/smart-money/marriage-tips</a>
<b>Emergency Fund / Budgeting</b>	Schedule a time to <a href="#">watch Fidelity's Build an Emergency Savings Fund webinar</a> . This mini-workshop provides tips to help you prepare for financial emergencies.
<b>General</b>	Increase your knowledge of <a href="#">Advanced Trading utilizing Fidelity.com offerings</a> .
<b>General</b>	Create a free <a href="#">My Social Security account</a> to estimate, plan and manage your benefits online.
<b>General</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>General</b>	Learn about different types of insurance including disability, life, and long-term care in a quick <a href="#">4 minute video</a> from CAPTRUST.
<b>General</b>	Check your Credit Score. Checking your credit history and credit scores can help you better understand your current credit position.
<b>General</b>	Head over to <a href="#">Fidelity's "How You Money" series</a> of short but informative videos on a range of topics.
<b>General</b>	Review your pay slip and <a href="#">understand each earning and deduction</a> .
<b>General</b>	How to save for future medical expenses - check out Fidelity's information on HSAs. Is it right for you? <a href="#">option 1</a> <a href="#">option 2</a>
<b>General</b>	Review all of your subscriptions - digital and physical. Eliminate any that are no longer relevant.
<b>General</b>	Make a positive financial decision by cooking at home, making your own coffee, etc.