

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 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 February 19 to March 18 on our site.
3. Practice healthy money habits and record "Yes" that you completed a 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:

- **Preparing for retirement** – Learn how a 401(k) Savings Plan can help you feel more secure about your financial future.
- **Financial literacy for teens** – It's never too soon to start saving! Help teens in your life learn how to manage their finances.
- **Stay fraud-free** – Protect your finances! Learn simple tips that can help prevent fraud and keep your money safe.
- **Financial resilience** – Take steps to create an emergency fund and prepare for life's many surprises.



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

ZOLL



WebMD
Health Services

SOURCE

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



Doctor Verified

Melinda Ratini, DO MS | December 2022