

Financial Wellness

Reduce Employee Stress with Financial Advice

- ▶ Financial wellness has been defined as anything between financial security and financial freedom, including being debt free or having enough savings to handle unexpected expenses
- ▶ Easy access to expert guidance and advice can help employees manage their financial burdens and improve their productivity
- ▶ Employees can access the benefit through the **My Benefits Work mobile app** and **MyBenefitsWorks.com**



One in three employees admit to being less productive at work due to financial stress

Personal finance is the number one source of stress across all demographics

Employers lose half a billion dollars a year to financial stress

How Financial Wellness Works

- ▶ Financial Wellness guides employees through the major financial changes they'll face throughout life, from paying for college to buying a home to navigating the loss of a spouse
- ▶ Accredited or Certified Financial Counselors are accessible by phone to assess issues, discuss options, and help employees determine the best course of action for their situation
- ▶ The Online Financial Resource Center does the heavy lifting for research, providing a variety of vetted articles, videos, worksheets, checklists, and more to guide the employee's financial wellness journey

Financial Wellness does not provide investment, legal, or tax advice.