

Momentum

Financial wellness



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Smart money strategies

- ✓ Set realistic financial goals in areas like home and car purchases, investments, children's education and travel.
- ✓ Establish a budget and track your spending. Many free smartphone apps make budgeting easy.
- ✓ Contribute as much as possible to your retirement plan, and prioritize paying down debts.
- ✓ Build your savings. An emergency fund helps you manage unforeseen expenses without accruing debt.

Financial wellness for your life's journey

It's important to start financial planning early, and to continuously monitor your financial health as you work toward your long-term goals.

- Early in your career, it's vital to establish smart spending habits—to carefully track your spending, start saving, build your credit and achieve financial independence.
- If having a family is among your life goals, prepare to handle expenses for child care, daily living needs of children and life insurance to protect your family.
- As you advance in your career, your priorities may change to funding children's college educations, investing wisely and preparing for retirement.
- In later life stages, it's important to formalize an estate plan to minimize taxes and ensure that your legal, financial and medical wishes are carried out.

Log on to MagellanAscend.com today!

Magellan
HEALTHCARESM



Mind Your Mental Health

Is daily life with a mental health condition difficult for you or someone you care about? Help is available!

- Stress impacts the mind and body in many ways. Too much negative stress can be quite damaging, particularly when it continues for a long period of time. [Check out these FAQs](#) about different types of stress, how stress can affect you, and what you can do to manage it better.
- From recognizing the early signs of stress to setting realistic expectations for yourself, there are many tactics you can adopt to relieve stress. [Read these tips](#) for taking control!
- As we all know, keeping up with workplace challenges can also generate a great deal of stress in life. [Consider these helpful ideas](#) for managing your stress at work.

Working on Wellness

Tough financial times can take a toll on your physical wellness if you aren't careful.

- Many times, people aren't aware that financial stress can lead to heart and gastrointestinal problems, weight gain, insomnia, high blood pressure and more.
- If you're having financial problems, don't ignore them. Assess your current situation and look at what ways you can help improve it. Ask for help from a trusted friend or advisor. Make a budget and follow it. Remember that it is okay to talk to someone. Speaking to a counselor can help you in many different ways. Your program is available 24/7/365 to help.

Daily Diligence

Knowing your spending patterns and staying on top of your bills can help you avoid financial distress.

- Track all your monthly fixed expenses such as rent or mortgage, insurance, credit card and car payments. Also, record variable expenses like food, clothing, phone and other utilities, gas and car registration.
- If you realize that you're living beyond your means, consider cutting back on optional spending like dining out, expensive coffees, cable TV and other entertainment.

Additional sources: Cambridge Credit Counseling.



Webinar—On Wednesday, March 13, we're hosting an interactive webinar: 10 Steps to Financial Freedom. Join us and learn! Register [here](#).

*More employees say
financial problems
negatively impact their lives*

According to a recent survey*

59%

*worry about future
finances*

1 in 3

*feel that finances
negatively affect life*

35%

*are satisfied with their
financial situation*

*Source: Willis Towers Watson Global Benefits Attitudes Survey

Your program offers resources to help you deal with financial stress.