

Financial Wellness: June 2022

Being "well" financially includes the total picture of your financial health, including how your financial situation affects your stress levels and overall mental and physical health. Financial wellness is not a destination; it's a constant journey of making adjustments and building resilience to maintain financial equilibrium, not only to pay your bills but also to enjoy a more stable, healthy and successful life (Prudential, 2022)

Manage day-to-day finances:

- Create a budget
- Pay down debt
- Understand your credit score

Set and achieve goals:

- Make your savings realistic and consistent
- Prepare for life events and large purchases by planning ahead
- Set an annual reminder to check your credit reports

Protect against risk:

- Get life insurance
- Buy disability insurance
- Consider other supplemental insurance
- Build an emergency fund

Plan for Retirement:

- Know your retirement needs
- Start saving, keep saving, and stick to your goals
- Contribute to your employer's retirement savings plan
- [Schedule a 30 minute phone appointment with a Transamerica consultant here](#)



THRIVE

WELLNESS PROGRAM

Helpful Resources

- **[Transamerica: Retirement Budget Worksheet](#)**
- **[CFPB: 25 tips to improve your financial well-being](#)**
- **[Human Resources: Wellness Webinar Collection](#)**
- **[Human Resources: Financial Resources](#)**

Contact Information

- **Health Advocate**
 - (866) 799-2728
 - www.myhealthadvocate.pepperdine.edu
- **Human Resources Thrive Wellness Program**
 - (310) 506-4397
 - community.pepperdine.edu/hr/wellness