Kepro | Employee Assistance Program

Financial Security



Follow these steps for long-term financial wellness.

- Pay bills on time.
- Create a budget that you maintain and adjust as needed.
- Set up automatic payments for recurring bills.
- Pay more than the minimum on debt payments every month and establish a debt management plan.
- Avoid unsecured consumer debt (a loan with no collateral).
- Set aside emergency savings of at least $500 (aim for 3-9 months or more if possible).
- Create SMART (Specific, Measurable, Achievable, Relevant, and Time bound) goals for specific objectives.
- Review your credit score regularly.
- Contribute to your organization's retirement plan (aim for at least 10-15% of your income).
- Understand how much you need to save for retirement to fund your desired lifestyle.
- Regularly review investment performance and fees.
- Maintain your car and house to avoid larger expenses.
- Avoid costly medical expenses by going to preventative medical appointments.
- Maintain insurance to manage risks, including health, auto, renters/homeowners, life and disability insurance. Make sure your life insurance coverage is adequate.
- Review or update beneficiary designations on financial accounts or policies.
- Set up a will or estate plan to protect loved ones.

Contact your Employee Assistance Program to create a comprehensive financial plan.

My Secure Advantage, Inc. "Financial Wellness Fundamentals Checklist", "Planning for the Future" and "Financial Skills for Life", 2020.



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

TOLL-FREE:	WEBSITE:	CODE:
1.866.795.5701	EAPHelplink.com	HCPS

The contents of this article and referenced websites, such as text, graphics, images, and other material contained on the site are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Reliance on any information provided by these websites is solely at your own risk. Kepro is not responsible for the contents of any "off-site" web page referenced from this server. ©Kepro. All rights reserved.