

HEALTHY LIFESTYLES

Health Hub

FINANCIAL WELLNESS

Money is the biggest source of stress for Americans. Regardless of the economic climate, money and finances have remained the top stressor in our lives since 2007 according to the American Psychological Association. Financial stress lingers as its solutions take time to resolve and cannot be managed by self-care alone. Stressful financial situations take a toll on our health and can put a strain on relationships, decrease feelings of self-worth, and disrupt our sleep. Although money doesn't solve everything, it does help reduce stress in aspects of life we worry about the most - how to support ourselves and our families, how and where we live, and how to stay healthy. All of this impacts our overall health. Harvard University reveals that Americans who report poor financial health are less likely to exercise regularly, receive routine check-ups, and often do not take preventative health measures. Luckily, SLCo employees have resources to improve their financial wellness and boost their overall health and wellness. Keep reading to learn about these financial resources.



Deer Oaks EAP

Salt Lake County's EAP program, Deer Oaks offers many financial wellness resources to employees and their families. You can find online seminars including: Feeling Secure About Your Finances, Make Your Money Work for You, and Ready, Set, Retire on demand at the Deer Oaks EAP website. Their website also includes a search bar to find a certified financial planner to help you put your financial affairs in order. Lastly, they have information on bankruptcy, buying/selling a home, credit, estate planning, mortgage information, saving for college, taxes, and budgeting. Check it out now by going to Deeroakseap.com and log in using *slco* as the username and password.

DID YOU KNOW?



Deer Oaks covers cab fares including Uber and Lyft up to \$45.00 each year for eligible employees and their dependents. The process is simple, and like all other EAP services, confidential. Simply call Deer Oaks Helpline (888) 993 - 7650 for instructions on utilizing the Take the High Road program and how to submit your receipt.



URS

It's never too early or too late to start planning for retirement. The URS website features several retirement calculators including: retirement estimator, tax withholding estimate calculator, savings plans future values calculator, and many more. You can also attend pre-retirement, early to mid-career, and retirees seminars to help prepare you for financial success. URS offers individual planning and customized advice to help you plan for a better future and to make the best of your retirement plans. Learn more at the URS Financial Wellness workshop on January 13th at noon.





my529 Educational Savings Plan

my529 is a tax-advantage savings plan designed to encourage saving for a beneficiary's future higher education expenses, including K-12 tuition expenses. Account earnings accumulate tax-deferred because you don't pay annual taxes on account earnings. My529 offers a variety of investment options with no fee or initial contribution required to open an account. Join us for my529 Information Session on January 19th at noon.

Optum HSA Investing

Your Optum Bank health savings account (HSA) provides more than medical cost savings. It's a smart investment option that can help you build a financial plan for today and tomorrow. Investing HSA dollars has many potential tax benefits and can be an additional way to save for long-term health care needs and financial goals. Optum Bank provides interactive courses to help guide you in making the most of your HSA. Learn more at the Optum HSA Workshop on January 6th at noon.

Financial Counseling

Thousands of people need help with getting their finances in order. The subject is sensitive and many people do not know where to turn. Meeting with a certified financial counselor can help you develop a budget and a plan of action based on your situation. For the month of January, Healthy Lifestyles is partnering with Mountain America Credit Union to provide **FREE** financial counseling to you. Learn how to make an appointment for a free financial counseling session.

