

# FINANCIAL WELLNESS

Presented By: Yelitza Silva, Director of  
Total Compensation

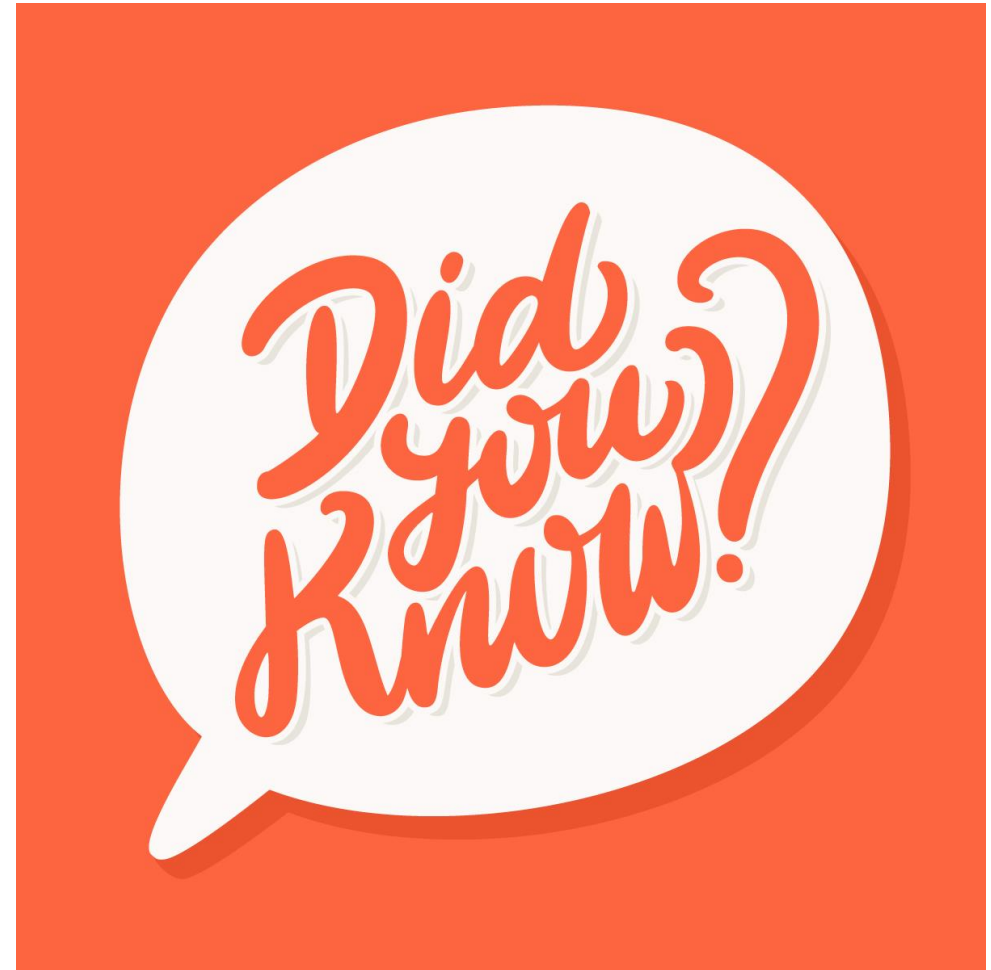
# WHAT IS FINANCIAL WELLNESS?



- ❑ “Financial Wellness is defined as “effectively managing your economic life”
- ❑ “Well-being is defined as having **financial** security and **financial** freedom of choice, in the present and in the future” (Consumer **Financial** Protection Bureau)

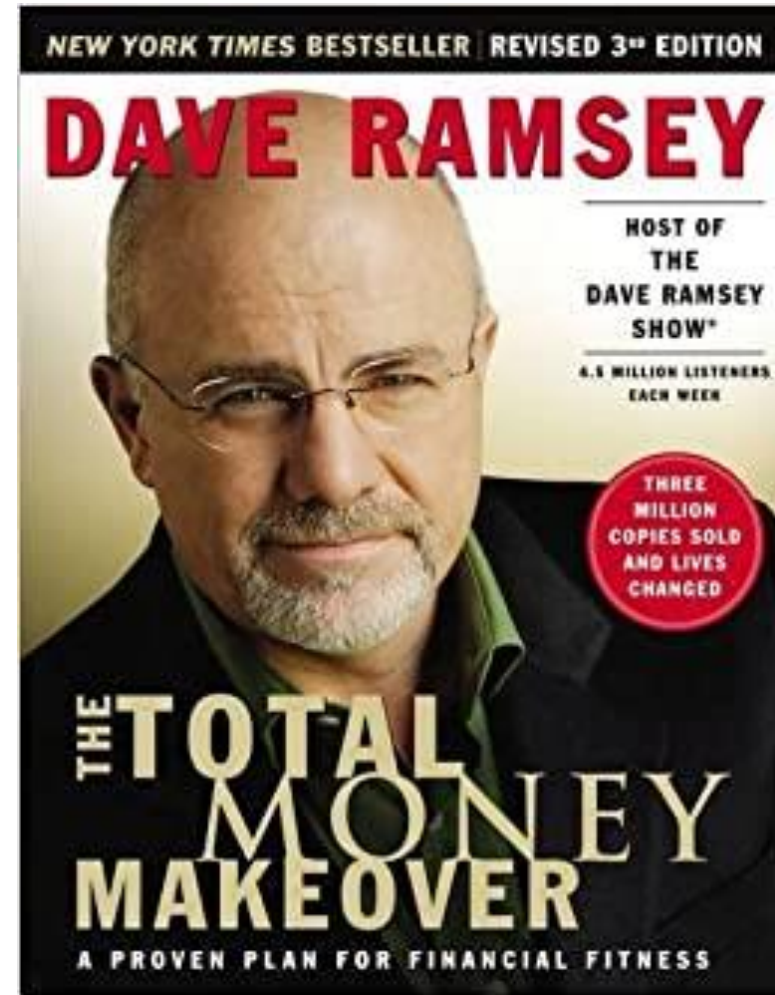
# DID YOU KNOW?

1. 63% of Americans are living paycheck to paycheck
2. 61% of Americans don't have enough savings to cover a \$1,000 emergency
3. 38% of U.S. households have credit card debt
4. 37% of Americans said in 2020 that their retirement savings were on track
5. 65.8% of Americans own a home in 2020



# WELLNESS PRIZES

- We incorporated financial wellness within the Wellness Program in 2019. Since then, The Total Money Makeover book was added to our wellness prizes & has been one of the most popular items requested. Make sure to cash in your point for your own copy!





# HOW IS SUN HEALTH HELPING ME ACHIEVE FINANCIAL WELLNESS

- ❑ INSTANT PAY
- ❑ Ability to access 50% of your earned wages anytime for any reason!
- ❑ You can download the app, access through web & visit with your HR Representative for a debit card.
- ❑ 24/7 assistance available

**PayActiv**  
Security | Dignity | Savings



# RETIREMENT PLAN MATCH

- ❑ Auto-Enrollment for New Hires at 5%
- ❑ Sun Health will match 100% of the 1<sup>st</sup> 3%-member contribution & 50% of the next 2% for a total match of 4%!
- ❑ 100% VESTED IMMEDIATELY!
- ❑ Dedicated Rep:  
Robert Lopez  
[Robert.Lopez@cbiz.com](mailto:Robert.Lopez@cbiz.com)  
602-650-6237



# EMPLOYEE ASSISTANCE PROGRAM

- ❑ FINANCIAL, Family, Parenting, Addictions, Emotional, Legal, Relationships, Stress & more
- ❑ Unlimited 24/7 Assistance
- ❑ In-person Guidance
  - Up to 4 FREE visits per concern with counselor
  - Consultations with lawyers



# TIPS AND TRICKS

- ❑ Monthly Financial Budget
- ❑ Follow the 50/30/20 Rule.
  - ❑ 50% on Needs
  - ❑ 30% of Wants
  - ❑ 20% to Savings
- ❑ Check your monthly bills/subscriptions every 6 months for hidden fees

FAMILY BUDGET				
HOUSE EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Rent/Mortgage				
Electricity				
Natural Gas				
Telephone				
Internet				
Cable/Satellite TV				
Water/Sewer				
Garbage/Recycling				
AUTO EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Car Payment				
Gas				
Maintenance				
Repairs				
INSURANCE EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Homeowner/Renter				
Auto				
Health				
Life				
LIVING EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Groceries				
Household Goods				
Cell Phone				
Clothing				
Pet Care				
Personal Services (e.g. hair, dry cleaning)				
MISC EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Dining Out				
Entertainment				
Subscriptions				
Travel				
Charity/Gifts				
DEBT	BUDGET	ACTUAL	DIFFERENCE	NOTES
Loans				
Credit Card				



# ADDITIONAL TIPS & TOOLS

- ❑ TOP 10 FINANCIAL TIPS
  - ❑ KNOW YOUR MONTHLY INCOME
  - ❑ PAY OFF DEBT FROM SMALLEST BALANCE FIRST
  - ❑ SET GOALS
  - ❑ STICK TO A BUDGET
  - ❑ HAVE A SAVINGS PLAN
  - ❑ CONTRIBUTE TO A RETIREMENT PLAN
  - ❑ AUTOMATE YOUR SAVINGS
  - ❑ SET-UP ALERTS TO YOUR BANK ACCOUNTS



