



Take *control* of your **finances** Take *control* of your **stress**

Are financial worries keeping you up at night?
Discover a path to tranquility with
a short, simple online course.

Financial Wellness 101 **Stress-Free Finances Await You!**

The American Psychological Association has reported "money" to be the number one cause of stress, both in the US and throughout the world. Break free from this cycle and embrace a life of financial well-being!

Learn more [→](#)

engagement 

Financial Wellness 101

Taking on financial well-being using a proven microlearning approach

Course Overview

- **Bite-sized lessons**

Three (3) lessons broken into ~5 minute modules. Start and stop on your schedule!

- **Engaging content**

Blends education, storytelling, and coaching best practices to help change behavior.

- **Accessible learning**

Available in 14 languages and accessible on any web-connected device!



LESSON 1:

Understanding the Basics

- Identify income and how it compares to expenses
- Build awareness on spending habits and links to emotions
- Create and stick to a budget



LESSON 2:

Master the Art of Saving

- Learn how mindful spending can bring financial stability
- Discover strategies to cultivate a savings-focused approach
- Build a financial safety net to prepare for the unexpected



LESSON 3:

Navigate the Credit Maze

- Understand the intricacies and pitfalls of credit
- Demystify credit scores and what they mean
- Learn skills for tackling debt and maintaining good credit

Transforming your financial future starts today!

Log into your Wellness Portal or contact your program administrator for instructions on how to access *Financial Wellness 101* as well as other course topics included in your plan.

