



### Mental Health & Our Finances

A recent survey by Bankrate and Psych Central found that 42% of U.S adults say money is negatively impacting their mental health. They also found of those who responded to the survey, 28% say they worry about money daily.

Source: Bankrate <https://www.bankrate.com/personal-finance/financial-wellness-survey/>

In addition, 57% of American families have less than \$1,000 in their savings accounts\* and 4 out of 10 adults, if faced with an unexpected expense of \$400, would either not be able to cover it or would pay for it by selling something or borrowing money\*\*

\*usatoday.com 2018

\*\* Economic Wellbeing of Households 2017 Report

Financial well-being has an impact on our overall well-being. While we all experience day-to-day worries and concerns, it is important to be mindful of when these thoughts take our time and attention captive. There are a variety of tools and resources available to support you in your finances and your mental health.

### Financial Well-being Resources

Use the link or scan the QR code to view resources available on the Be Well website to support you and your family!

[go.cretex.com/bw-financial-resources](https://go.cretex.com/bw-financial-resources)



### FEATURED ACTIVITY

View the two videos: How to Save \$1 Million for Retirement and The Importance of Emergency Accounts and complete the Teams Form to be eligible for this month's incentive.

**How to Participate:** Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

### Principal Milestones

Principal Milestones can help you in over 35 areas including online will preparation, student loan management, and long-term care insurance.

- [www.principal.com](https://www.principal.com)

### On Demand Webinars

View past webinars on-demand on several topics from saving for retirement to daily budgeting.

- <https://www.principal.com/learnnowondemand>

### Cretex U

#### Financial Fitness Webinar

This presentation covers some financial fitness basics to help attendees explore both their short-term and long-term financial goals. Attendees will also be provided with some tools to help them take control of their budget, reduce debt, understand their credit score and report, and plan for retirement.

#### Financial Wellness: How Best to Save

This video course outlines the impact of saving for life events and retirement.

### Marathon Health

Visit [my.marathon-health.com](https://my.marathon-health.com) or scan the QR code to schedule a health coaching appointment with Linnea Ritter.



### Webinars



[go.cretex.com/bw-million](https://go.cretex.com/bw-million)



[go.cretex.com/bw-emergency](https://go.cretex.com/bw-emergency)

### Teams Form



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