

Financial Wellness Challenge

When we think about our health and wellness, our finances aren't typically what come to mind. However, one of the six pillars of Moda's Pillars of Health and Wellness is financial.

Financial wellness refers to a person's understanding and control over their finances. Being financially well is the result of successfully managing one's finances and the absence of financially related stress. It is an integral part of an individual's overall health and wellbeing.

Instructions:

For this challenge, start by creating two goals centered around your financial wellness and a plan to accomplish these goals. Throughout the month, monitor your progress. At the end of the month, review your finances and determine the outcome of your goal.

Here are some examples of financial wellness goals:

- Establish a budget
- Start or continue an emergency fund
- Audit monthly subscriptions
- Know your credit score
- Create or follow debt payment plan
- Identify and address a particular spending area (i.e., dining out)
- Start/continue saving for retirement

<u>Example goal</u>	Goal # 1	Goal # 2
Audit my monthly subscriptions		
<u>Example outcome</u>	Outcome # 1	Outcome # 2
I was able to cancel three subscriptions to services I no longer use, saving almost \$50/month.		

Tracking sheet:

Use these boxes to set your monthly financial goals and write down your outcomes.

Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachteam@modahealth.com.

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