

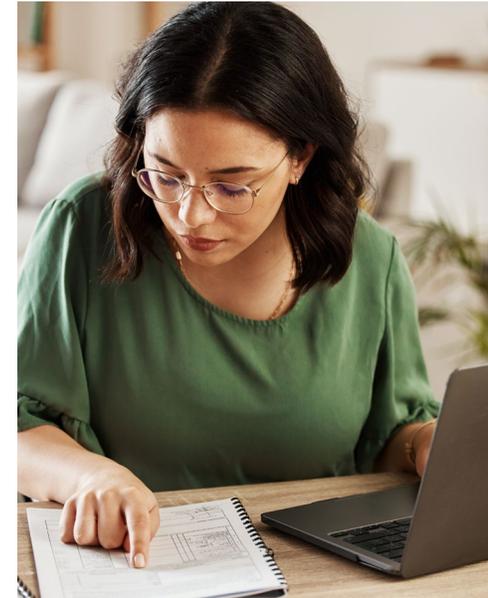
How to Get the Most Out of Your Money?

EMBRACE FINANCIAL WELLNESS!

When you think about wellness – or being well – your mind might automatically go to your physical or mental health. But financial wellness can be just as important.

MERS defines being financially well as managing your day-to-day spending, controlling debt, having money set aside for an emergency, and having a financial plan. Taking control of your finances for both the present and future increases your likelihood of a successful and enjoyable retirement and relieves the stress and burden that financial uncertainty can cause.

Sound daunting? **MERS can help!**

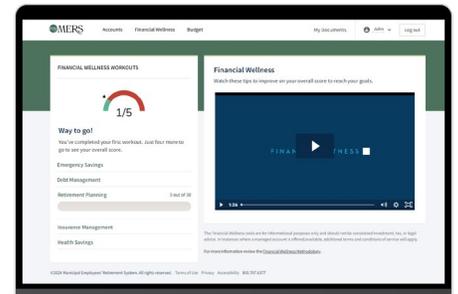


Tracking Financial Wellness through Financial Fitness

The Financial Fitness tool is available to MERS participants through myMERS. This tool includes a series of workouts you can engage in to help determine your current Financial Fitness Score in the areas of:

- Emergency savings
- Debt management and planning for the future
- Creating a budget to manage your day-to-day spending

As a bonus, workouts to help with insurance and health savings account management (if applicable).



Your Financial Fitness Score

We all need motivation when we're completing tasks, which is why this tool utilizes a point system to help keep you on track and entice you to take steps to increase that score.

After you complete some initial information in each of the workouts, you will be presented with your personal Financial Fitness Score.

The purpose of the Financial Fitness score and each individual workout is intended to be a gauge to determine where you are on your financial fitness journey. The score is not intended to illustrate whether something is good or bad, it is simply a tool to assess the current situation and monitor progress as you achieve greater financial fitness.

Get your Financial Fitness score today by logging in to your myMERS account.



*Scan or click
to explore
your financial
wellness tools*

