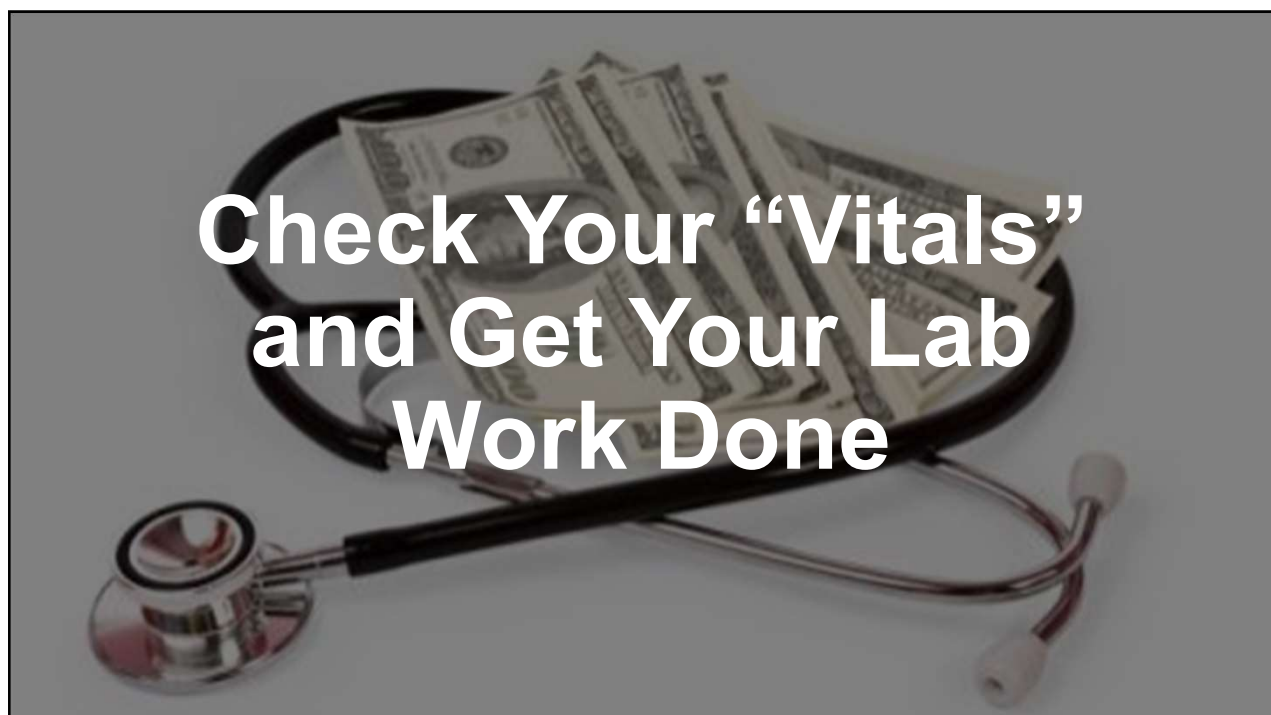
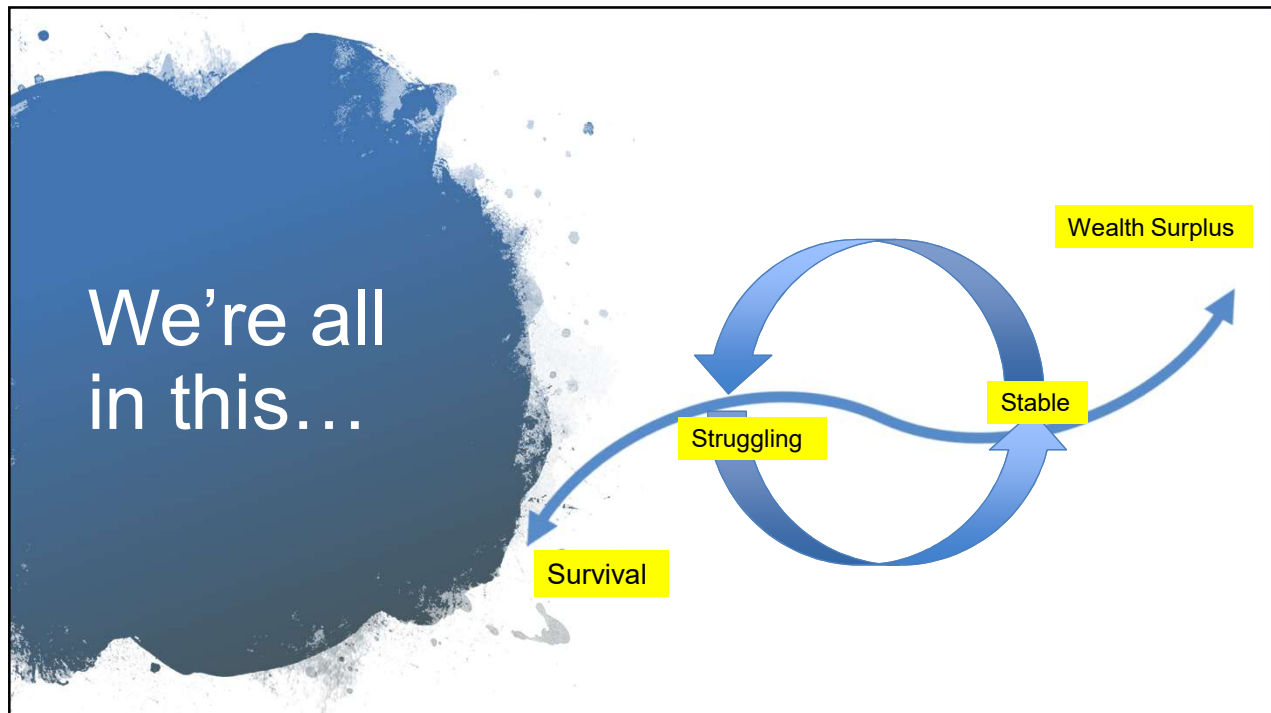


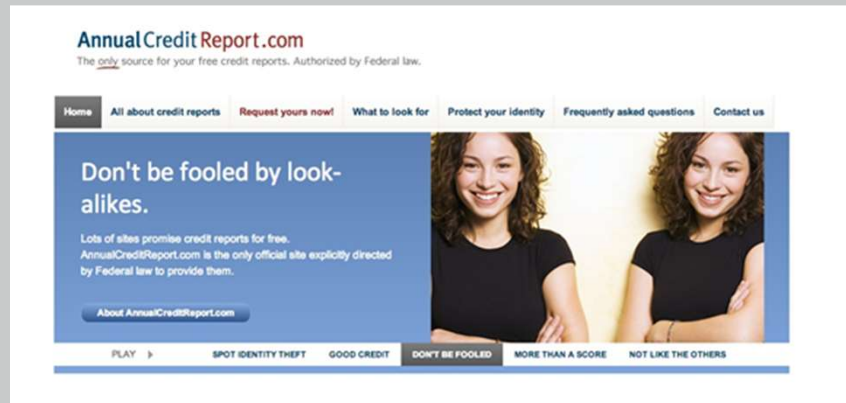


Get A Financial Health Check-Up

Kim Miller
Certified Financial Counselor



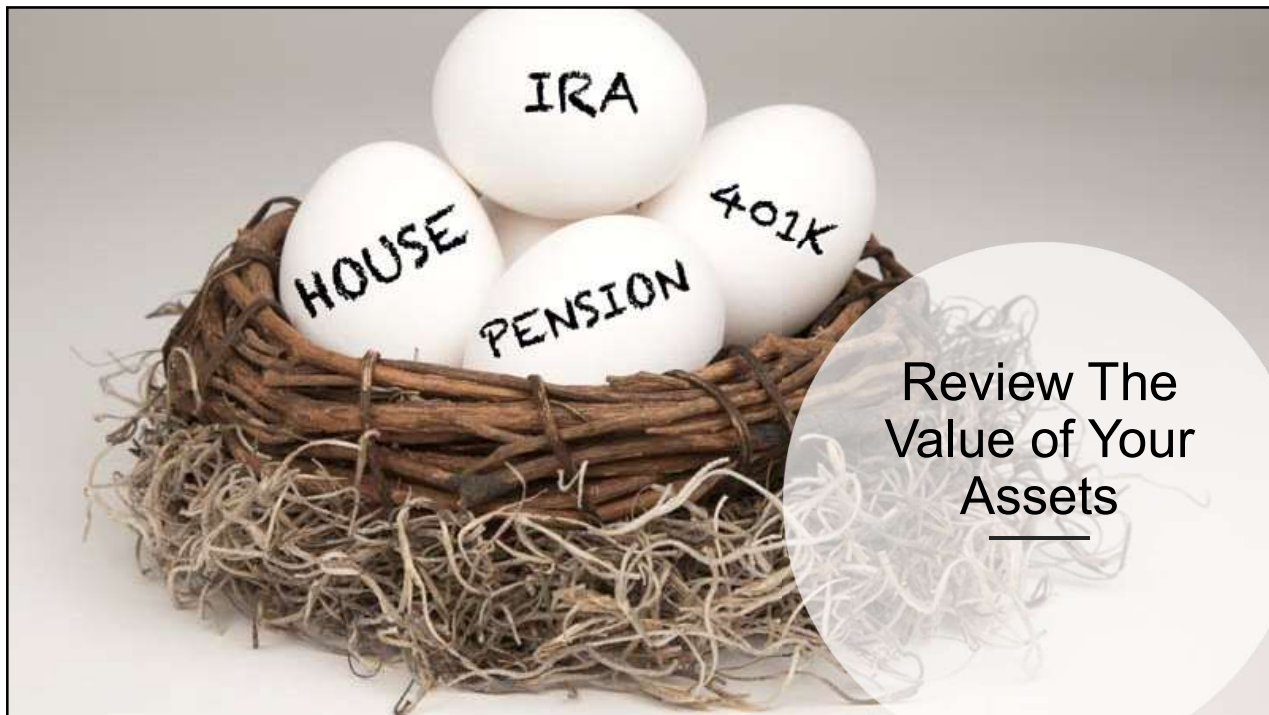




Check Your Credit Reports



List Your
Liabilities




Determine Your Net Worth



Net Worth Formula = Total Assets – Total Liabilities



Check Social Security Benefits

 Social Security

Create your personal **my Social Security** account today

With your free, personal **my Social Security** account, you can receive personalized estimates of future benefits based on your real earnings, see your latest Statement, and review your earnings history. It even makes it easy to request a replacement Social Security Card or check the status of an application, from anywhere!

Create an Account

my Social Security

Securely access information from your Social Security record, including earnings history and estimates of your retirement, disability and survivors benefits.

Social Security

Sign In or Create an Account

Create Your Account

Information you will need

Create New Account

Finish Setting up Your Account

Enter Activation Code



Review Insurance Policies

Update Beneficiaries

Beneficiary

Beneficiary - Definition:

benəəfiāciārāy [bnn? fshee rree, bnn? fsh?ree] noun
(plural benəəfiāciārāies) 1. somebody benefitting;
somebody who receives a benefit from something 2. legal
recipient of money; somebody entitled to money or
property by a will, trust, or insurance policy 3. holder of
benefice: a member of the clergy who holds an office that
provides a living benefice adjective relating to benefice:
relating to a church office that provides a living benefice or
to the member of the clergy who holds it [Early 17th
century. < Latin beneficiarius < beneficium (see benefice)]

Employee Benefits



Medical



Vision



Dental



Prescriptions



Health &
Wellness



Flex
Spending



Learning

- Review Any Changes
 - Open Enrollment

HSA – Health Savings Account

- All money contributed pre-tax
- Used for IRS qualified medical expenses
- Contribution rate can be adjusted
- Can reimburse yourself later in the year
- Maximum contributions change annually
- **Savings Tool:** Balance remaining in the account rolls over to the next year and earns interest tax-free. Qualified withdrawals are non-taxable.

FSA – Flex Spending Account

- All money contributed pre-tax
- Used for IRS qualified medical expenses
- Contribution rate fixed and non-adjustable
- Fully funded on Day 1
- Maximum contributions change annually
- **Spending Account Only:** No savings function or interest earned - use it or lose it!

HSA versus FSA



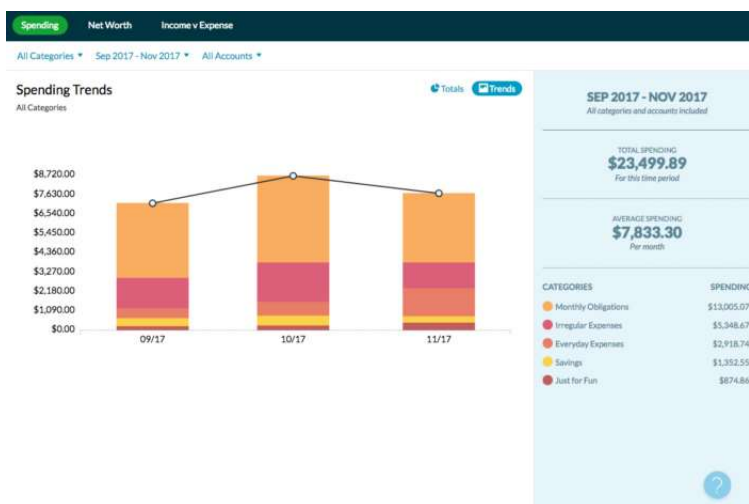
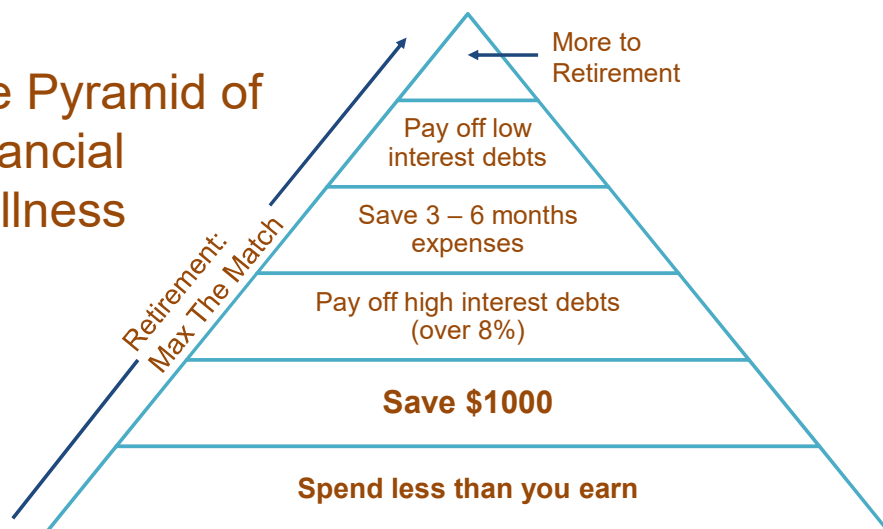
Get Organized

Keep Less Than A Year	Keep For One Year or More	Keep For 7 Years or More	Keep Forever
<ul style="list-style-type: none"> ✓ ATM, bank-deposit and credit card receipts until reconciled (then shred) ✓ Tax-related receipts (until filed) ✓ Insurance Policies and Investment Statements (only until new ones arrive) 	<ul style="list-style-type: none"> ✓ Loan documents until the loan is paid off ✓ Car title and maintenance records until car is sold ✓ Purchase confirmations for stocks, bonds, mutual funds until you sell 	<ul style="list-style-type: none"> ✓ All tax records (7 years) ✓ Costs of selling a home (7 years – to offset Capital Gains) ✓ Records of home improvements, repairs (until home is sold) ✓ Receipts for medical/dental bills, prescription costs, glasses, etc. that were paid through HSA 	<ul style="list-style-type: none"> ✓ Birth and Death Certificates ✓ Marriage License ✓ Divorce Decrees ✓ Social Security cards ✓ Defined-benefit plan documents ✓ Estate Planning Documents ✓ Life Insurance Policies ✓ Inventory of Bank Safe Deposit Box ✓ Paid collection debts



**Practice New Habits
To Improve Your
Financial Health**

The Pyramid of Financial Wellness



List or Review Expenses and Spending

Make Your Plan and Choose Your Tracker













The 50/30/20 budget
A guide for allocating your dollars using the 50/30/20 rule









Set SMART Goals

- ✓ Specific
- ✓ Measurable
- ✓ Achievable
- ✓ Realistic
- ✓ Timely

Example Goal:
“I want to save more.”

Make it SMART:

- **Specific:** Starting next week I will direct deposit \$38.46 from each paycheck into my savings account so I can build \$1000 emergency savings in one year.
- **Measurable:** I'll know I reached the goal when I have \$1000 in savings.
- **Achievable:** I have income with direct deposit and I have a savings account.
- **Realistic:** Does it fit in budget? Do I need to change the time frame?
- **Timely:** The deadline is one year.



Small Changes Can Make a Big Difference

- Automate Bill Paying
- Automate Savings
- Plan For The Unexpected
- Be Honest With Yourself



Financial Choice

- Six free one-on-one sessions for you and immediate family
- Access to Financial Counselor on Call
- Online, video, or phone counseling options
- Multi-lingual services: English, Spanish, and Hmong

• **800.528.2926**

• www.lssmn.org/crcna

Services Provided



BUDGET
COUNSELING &
CREDIT REVIEWS



HOMEOWNERSHIP
COUNSELING



STUDENT LOAN
REPAYMENT
COUNSELING



DEBT
MANAGEMENT
PLANS