

NEWSLETTER

Fiscal Fitness

Tips for Reducing Debt

In 2022¹, the United States² has been experiencing the rising cost of consumer goods and general inflation. Debt and concerns of the cost of living has been widely recognized by health experts as being associated with stress.

Accumulated debt related to student loans, medical bills, credit cards, mortgages, etc. have been linked to higher blood pressure, higher divorce rates, and worse self-reported health. While the size of debt does not³ appear to be directly correlated to the degree of stress experienced, one study⁴ found that household debt was an independent predictor of health outcomes. Here are some strategies to help you reduce debt stress:



Know Your Numbers

Stress is often associated with the fear of the unknown. If you have been an ostrich with your head in the sand when it comes to your finances, there is no way to really know if your worries are justified. Getting a clear picture of your numbers will help you make informed decisions about how to move forward.

Seek Professional Guidance

Seek guidance from a finance professional if you need help making sense of your numbers. They may also be able to offer suggestions to improve your financial wellbeing.

Prioritize Determine your financial priority areas, so you can address them first. Decide what needs to happen first, then second, and so on. Having clear priorities will help reduce stress and anxiety.

Add Create a Plan

Create a plan to address your priority areas by outlining clear, practical steps. This may include creating a strategy to reduce debt incrementally, or shifting funds from other assets. Having a plan helps you focus your energy more efficiently and effectively. a little bit of body text

To reduce debt stress, know your numbers, seek guidance from professionals when necessary, prioritize your needs and create a plan to support your financial wellbeing.



Add a 7 Ways to Save Money on Your Grocery Bill

According to the USDA⁵, the average adult spends between \$169.40 and \$392.70 dollars on food at home each month, with an average being \$263.08. (This does not include food costs associated with take-out or dining out.)

Here are 7 ways to save:

Stock up and save. Take advantage of weekly sales and buy-one-get-one deals. Warehouse clubs also offer significant discounts also offer significant discounts when you buy in bulk.

Be loyal. Sign up for a rewards program at your favorite local supermarket to maximize your reward points. Staying loyal to a single chain will help you accumulate points and take advantage of more offers.

Simplify your menus. Choose recipes with fewer ingredients. This will not only reduce your grocery bill, but it may also save you time in the kitchen. Buy in season. When it comes to produce, focus on the fruits and vegetables that are in season. For everything else, opt for frozen or canned.

Use a cash back credit card. Use your cash back credit card at the supermarket and put some grocery money back in your wallet.

Maximize leftovers. Find creative ways to use leftovers. This will reduce the number of meals you need to prepare at home each week and reduce your overall grocery bill as well.

Buy the store brand. Choose store brands when possible and save up to 25%⁶, according to some estimates. Many store brands are manufactured⁷ by familiar national brands, so you may not even notice a difference.



5. <https://fns-prod.azureedge.net/sites/default/files/media/file/CostofFoodMay2021.pdf>

6. <https://www.consumerreports.org/>

7. https://plma.com/about_industry/store_brand_facts



Money Matters: How Much Is Enough?

While we have all heard that money cannot buy happiness, most people believe that more is better when it comes to annual incomes. The research, however, says otherwise.

Subjective Wellbeing (SWB) is defined as “the extent to which a person believes or feels that his or her life is going well,” and this is one of the indicators used by researchers to measure happiness and life satisfaction.

The question of ‘How much is enough?’ has been the focus of many studies over the years, and the results have been surprising to many. A 2010 study found that there was no increase in emotional wellbeing beyond a \$75,000 annual income threshold for individuals.

Another study, which examined data from over 1.7 million individuals around the globe, suggested that the income satiation level (the point at which an increase in income no longer produces an increase in happiness), is closer to \$ 95,000.

One reason for the cutoff seems to be that with higher levels of income, there are often higher demands on time that leave fewer opportunities to enjoy positive life experiences.

Evidently, not having enough time to enjoy the money you make can get in the way of happiness. Similarly, higher levels of stress that often accompany roles with higher salaries is thought to interfere with overall happiness and quality of life as well.

To answer the question of how much is enough for you, think beyond your basic living expenses and also consider the things that are essential to the quality of your life.





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Recommended Apps



Acorns

Acorns Invest automatically invests your spare change and lets you invest as little as \$5 any time or on a recurring basis into a portfolio of ETFs. Your investments are then diversified across more than 7,000 stocks and bonds, and Acorns automatically rebalances your portfolio to stay in its target allocation.

Acorns Later, our IRA account, lets you automatically save for retirement by setting easy Recurring Contributions. When you sign-up, the app recommends the right IRA for you based on your goals, employment and income.

With Acorns Spend, our checking account and debit card, you can save, invest and earn while you spend. Acorns Spend has no overdrafts or minimum balance fees, plus free or fee-reimbursed ATM access nationwide.



EveryDollar

EveryDollar helps you create a monthly budget so you can achieve your money goals. Say goodbye to money stress and hello to confidence in your financial future.



YNAB (You Need a Budget)

Our Four Rules are the key, the magic, the secret sauce, if you will. Learn our method and you could budget successfully, blindfolded, with one arm tied behind your back. (Well, you could, but it's still easier with the software.)

Access to real-time information, from any device, anytime, makes it drop-dead simple to share finances with a partner (and not accidentally overspend at Target). Budgeting isn't about restriction. It's about setting and reaching your goals. And then setting new, bigger goals, and doing it again. Boom!

Eye candy (read: graphs and charts) make it fun to obsess over your progress. Watch out—we might make a budgeting nerd out of you yet! We're invested in your success. Shoot us an email. Or check out one of the 100+ free, live, online workshops we offer every week. (Seriously!) Our team is here to help!

Secure Data. Security is our #1 priority. We encrypt our data, bcrypt hash all user passwords, and the data centers we use are accredited multiple times over. (If you are the type of person who actually knows what this means, all the nitty-gritty details are outlined on our Privacy and Security pages.)



Hey Money

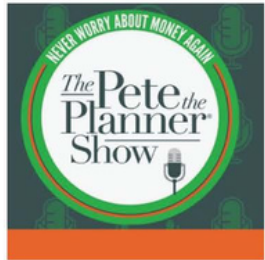
Money's complicated. We can help. Your financial life is as unique as you are.

Hey Money's human support system is the best way to make the smartest money moves that are true to YOU. With a Hey Money expert as your guide, you can take the next right step with confidence.



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Recommended Podcasts



The Pete the Planner® Show

Personal Finance Expert and author Pete the Planner (aka Peter Dunn) welcomes one person per episode on a quest to make them a millionaire. He digs deep into their financial life, fixes problems, and lays-out a detailed plan on how to accomplish their goals. Each guest is given their Million Dollar Day. The former comedian makes a seemingly boring topic, interesting. The podcast is filled with surprises, laughs, and practical money advice for real people.

Financial stability can have a positive impact on many other areas of your life. Learn some key strategies for managing your finances successfully.

Key Takeaways

- The successful management of your finances helps lay a solid foundation for good health
- Having a clear understanding of your financial situation helps you make better decisions when it comes to your money habits.

Key Habits

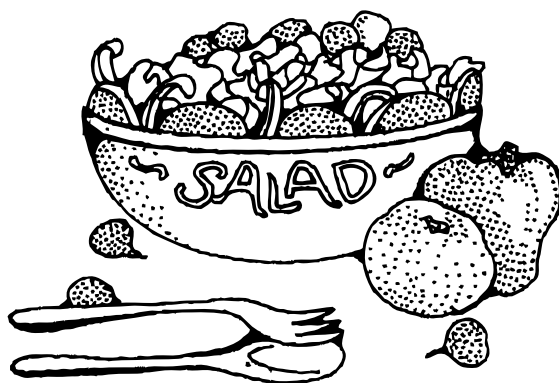
- Create a budget to get a clear picture of your finances.
- Review and reassess your spending habits regularly.
- Use existing resources wisely in times of uncertainty.

EASY RECIPE

Healthy Green Goddess Dressing

Ingredients

- 1 cup non-dairy plain almond or coconut yogurt
- 1 bunch (about ½ cup) fresh parsley
- 1 bunch (about ½ cup) fresh dill
- ¼ cup fresh mint
- 2 green onions
- 1 jalapeño, de-seeded
- ¼- cup olive oil (or avocado oil)
- 1 teaspoon sea salt
- Ground black pepper, adjust to taste



Instructions

1. In a food processor, pulse together on low all the ingredients until creamy. Depending on the texture and amount of liquid the yogurt you're using has, you may have to add more olive oil to bring the dressing together.

2. Adjust seasonings to taste. The goal of the dressing is slightly thick and creamy, enough to coat the back of a spoon. Add a little bit of body text

Nutrition Facts

Calories 359
Total Fat 34.9g
Cholesterol 11mg
Sodium 181mg
Carbohydrate 11.9g
Dietary Fiber 5.3g
Total Sugars 4.3g
Protein 4.5g



ARE YOU READY TO LIVEHEALTHY?

LiveHealthy at UH Brunner Sanden Deitrick Wellness Center is a medically based fitness center staffed with exercise specialists, personal trainers and other friendly, helpful health professionals.

OUR MEMBERS ENJOY ACCESS TO:

- Individualized exercise prescriptions developed by our degreed exercise specialists
- Six-lane lap pool, recreation pool, warm water therapy pool and whirlpool
- Saunas and steam rooms
- Fitness equipment and free weights
- Multipurpose gym space
- Indoor track
- Group exercise classes including yoga, Zumba®, cycling, intervals, strength and aquatic classes
- Monthly nutrition and fitness education seminars
- Youth fitness area
- Babysitting (free for children who are included on a family or single-parent membership)
- Rock wall, with a free clinic to help you learn to climb safely.

LIVEHEALTHY

Hours of Operation

Monday - Friday:

5:30 am - 9 pm

Saturday & Sunday:

7:30 am - 5 pm

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lakehealth.org/livehealthy or
call 440-375-8777



Resource Advisor is here with help for life's issues

Receive personalized counseling, financial, and legal help

Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- **Phone:** **1-888-209-7840**
- **Online:** **www.ResourceAdvisor.Anthem.com**
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

**Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need it.**

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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