










Financial Wellness

Financial worries can impact our total health and make it difficult to focus on what's important at home and at work. Help your team on the road to financial wellness with tools and resources from Kaiser Permanente.

ACTIVITY

-  Share information about employee discounts on My HR with your team.
-  Ask team members to explore their options.
-  Discuss your findings at a huddle or meeting.

BONUS ACTIVITY

-  Challenge your co-workers to create personal budgets.
-  Ask them to download and complete the [budget worksheet](#) from [consumer.gov](#).
-  Help your team set a SMART goal (one that is *specific, measurable, attainable, realistic/relevant and time-bound*). For example: At least 75% of unit-based team members will make personal budgets by June 30.
-  Submit your SMART goal and team results to UBTHSChamps@lmpartnership.org by June 30 to be eligible for a prize.



WAYS TO SAVE

Make your dollars stretch further with these helpful resources:

- » **[COVID-19 Relief Benefits](#)**
[KP Intranet]: Get information about new benefits to help you and your family through this challenging time.
- » **[Employee Discounts](#)** [KP Intranet]: View discounts for childcare, cell phones, and other common expenses.
- » **[Flexible Spending Accounts](#)**
[KP Intranet]: Reduce your taxable income to pay for certain everyday expenses.
- » **[Tuition Reimbursement](#)** [KP Intranet]: Find out if you qualify for education assistance.
- » **[KP Financial Wellness](#)**: Get set for financial wellness with help from experts at Vanguard.