

Employee Well-being Monthly Tip Sheet

August 2024 | Financial Wellness Month

Discover your financial wellness with our latest tip sheet, offering essential strategies for taking control of spending, preparing for the unexpected, managing debt, and planning for retirement. It also emphasizes setting clear goals and includes a financial wellness challenge to empower confident financial decisions.



Keys to Financial Well-being

[Read More](#)

My Money – Take Control of my Spending

Achieving a balanced budget with positive cash flow empowers you with financial control.

My Protection – Prepare for the Unexpected

Gain peace of mind by securing basic insurance coverage and emergency savings for unexpected events.

Ensure you have disability insurance to protect your income, adequate coverage for your belongings, vehicles, and home, and life insurance to support your loved ones if you cannot provide for them.

My Credit – Leverage my Credit and Manage Debt

Imagine the freedom of debt independence and a credit score that benefits you. Paying off or reducing debt could be a key goal in achieving this freedom.

My Retirement – Build my Future

Gain confidence in your retirement dream by strategically planning to retire on your terms, when and how you envision.

My Game Plan – Achieve my Goals

Increase your chances of success by setting clear goals and crafting realistic plans to fund and achieve them, gaining momentum toward the future you desire.



Well-being Resource

Financial Wellness Challenge

Embark on a transformative journey with this Financial Wellness Challenge, designed to empower you. Through structured steps and insightful guidance, you'll gain the tools to make confident financial decisions, manage resources effectively, and lay a solid foundation for your future prosperity.

[Download the Challenge](#)

Financial Challenges: Taking Control and Moving Forward

When facing mounting bills, remember you have control. Small actions can lead to significant changes. This toolkit is designed for your needs, offering resources for immediate relief, long-term stability, or a balance of both. Use it to manage financial emergencies, reduce stress from rising bills, and build your financial future.

[Download the Booklet](#)

What Does Financial Literacy Mean?

Financial literacy encompasses the knowledge and skills needed to effectively manage personal finances, including budgeting, investing, and understanding financial products. It empowers individuals to make informed decisions, ultimately promoting financial stability and security.

[Read More](#)

Featured Event

USG Well-Being Wednesday

Unlock the secret to Financial Wellbeing

Location: Virtual

Date: August 6

Time: 11 a.m.-12 p.m.

[Register Today](#)

Employee Resources:

- [Financial Coaching](#)
- [Georgia Tech Well-being](#)
- [USG Well-being Rewards Program](#)
- [EAP \(Employee Assistance Program\) service from Kepro](#)
- [USG Well-Being Events](#)

Give us some feedback



Tell us how we're doing! Take a moment to complete [this survey](#) and help shape tip sheet content.