

# Finding Financial Wellness Challenge

Find the savvy saver, spender and investor in you!

April 1 - 30

Goal: 18 points

Healthy spending and saving habits are just as important to your wellbeing as proper nutrition and regular exercise. With this challenge, you'll take a look at your decision-making skills and practice small steps toward building financial security.

## Track your spending. 1

Doing so is an important first step to understanding how you manage your money.

## Limit credit card use. 3

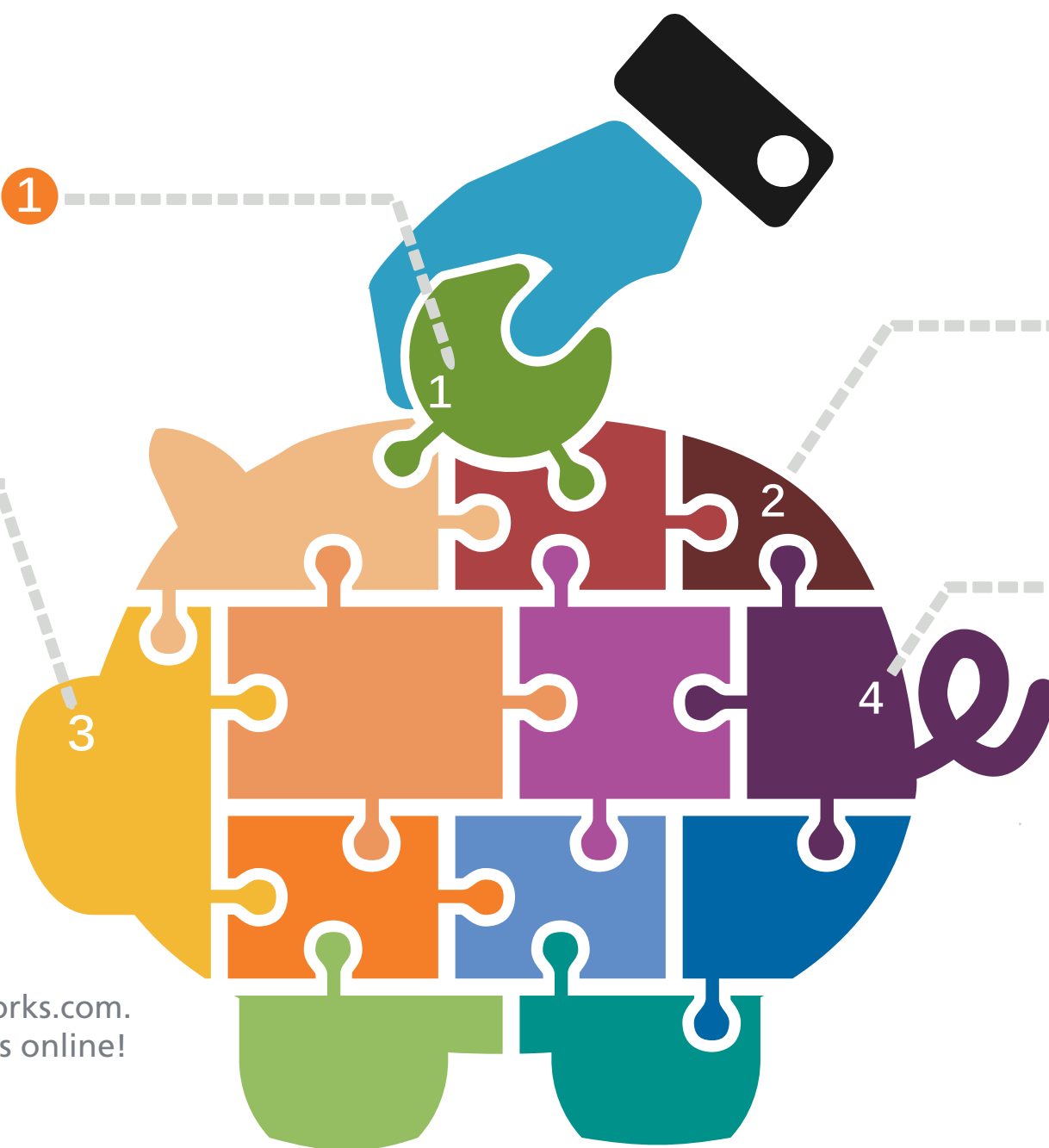
They're convenient, but credit cards can quickly lead to financial trouble.

## Ready to Get Started?

Learn more at [www.UBAWellnessWorks.com](http://www.UBAWellnessWorks.com). Remember, you can track your points online!



[www.UBAWellnessWorks.com](http://www.UBAWellnessWorks.com)



## Learn something about personal finance. 2

There are so many resources to help you. Look on the web or check with your bank.

## Here's how the challenge works. 4

Earn daily points for completing activities that help you on your path to financial wellness. Earn up to 10 additional points in monthly bonus activities. We'll help you strike a balance between living responsibly today and planning wisely for tomorrow!

If you have a medical condition or physical limitations, take daily prescribed medicines, are pregnant or are over the age of 65, you should consult your health care provider prior to beginning any of our programs. While these programs will be helpful for most people, they may not be optimal for everyone. If in doubt, consult with your health care team.

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