12 Months of Safety & Wellness

JULY: Get Fiscally Fit

- **Financial wellness** is having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes.

- It involves setting realistic goals and living within one’s means by acquiring and using skills to:
  - make balanced daily decisions
  - create and maintain effective budgets
  - avoid debts and obligations
  - fulfill good stewardship of resources

- Fight the financial stress by saving, investing and planning for the future!

**Find out where you stand**
- **Analyze** and your financial status
- **Evaluate** your monthly expenses
- **Eliminate** or reduce non-essential items
- **Set a Budget**, and stick to it

- Use the [Financial Planning](#) page on the Human Resources Website
- Invest in your future, use the Fidelity Retirement planning calculators to start saving today
- Utilize the 24/7 EAP-Cascade Center services for financial coaching and one-on-one financial assistance

Learn more about financial well-being. Visit wellness.uci.edu for more information.