



**DESTINATION:  
FINANCIAL WELLNESS**

# TRUE OR FALSE



**62%** of Americans lose sleep over financial problems.  
– U.S. News

**TRUE**

Nearly **two-thirds** of Americans are losing sleep over at least one **financial** concern.

Two-fifths said **retirement** savings was a primary stressor, while nearly a third lost sleep over **education** expenses.

– U.S. News





# TRUE OR FALSE



**1 out of every 4** American workers report being seriously distressed with financial matters.

– pfeef.org

# TRUE

Financially **unwell employees**

do not make the best decisions for themselves regarding retirement planning, pre-tax health and dependent care and other employee benefits.

They can also make **serious and dangerous** mistakes at work.

– Personal Finance Employee Education Foundation



# TRUE OR FALSE



Financial wellness programs can **reduce** absenteeism, turnover, and lost productivity.

– shrm.org

# TRUE



**73%** of employers  
are working to integrate  
**financial wellness programs**  
to promote financial health  
which will in turn:

- ▶ Reduce absenteeism
- ▶ Reduce turnover
- ▶ Reduce lost productivity

- Society for Human Resource Management





# LEARN HOW TO...



- 1 **PROTECT** yourself from fraud
- 2 **PLAN** your budget
- 3 **PREVENT** credit mistakes
- 4 **PROVIDE** for your future
- 5 **PROCEED** and get started



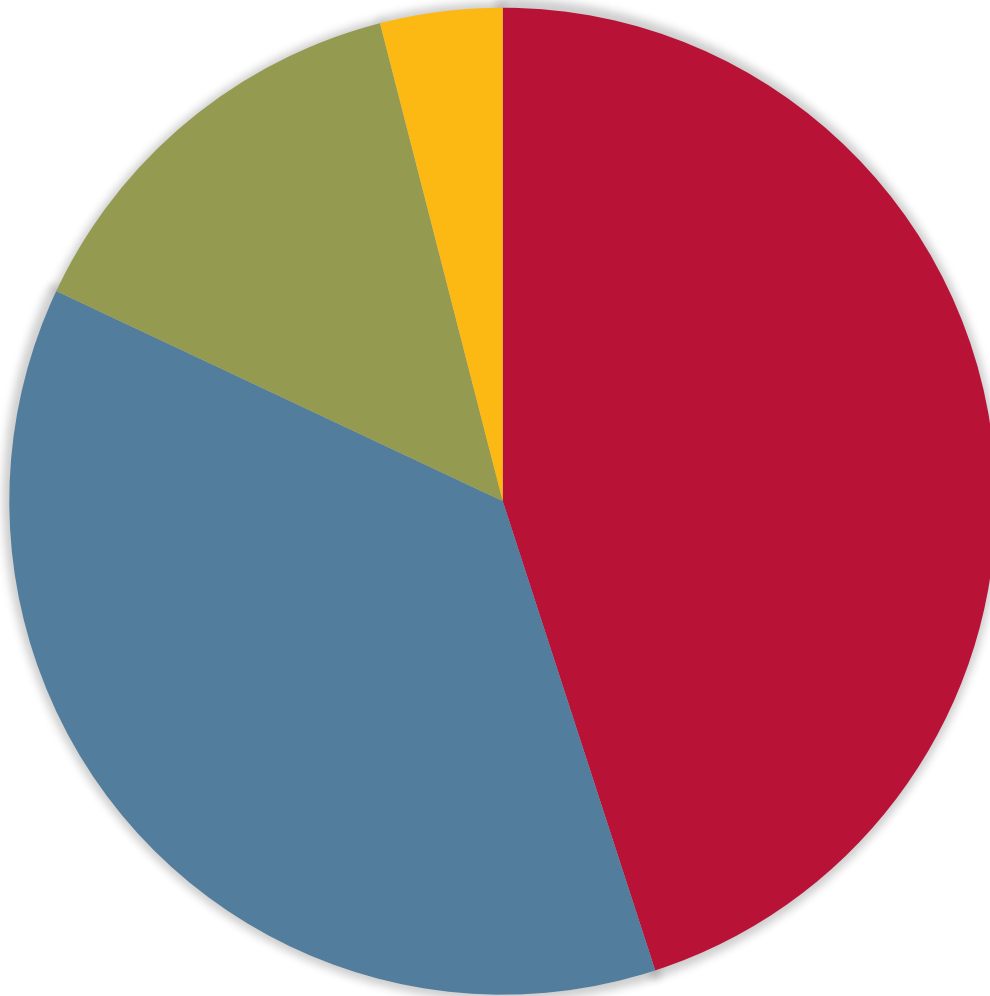
# PROTECT



“North America was  
the continent most affected by  
data breaches in 2014 accounting  
for... **76 percent**  
of breaches in the world.”

-Nasdaq, 2015

# U.S. CARD FRAUD BY TYPE



**45%** Online

**37%** Counterfeit

**14%** Lost/Stolen

**4%** Other



# ACTION ITEMS



- ▶ Make sure you have a Chip card
- ▶ Set up Mobile Wallet on your mobile device
- ▶ Set up alerts and notifications
- ▶ Familiarize yourself with Card Manager
- ▶ Add your financial institution's phone number to your contacts
- ▶ Open a MyExpress Debit card

# PLAN



WHAT DO YOU VALUE?



# S

# M

# A

# R

# T



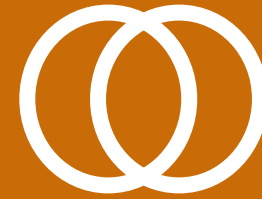
**SPECIFIC**



**MEASURABLE**



**ATTAINABLE**



**RELEVANT**



**TIME BOUND**

# STEPS TO CREATING A BUDGET

The background of the slide features a collage of financial-related items. On the right side, there is a yellow notepad with a silver pen resting on it. The notepad has a handwritten title 'Monthly Budget' and a list of expenses: ① Mortgage \$1050, ② Gas \$100, ③ Electricity \$100, ④ Telephone \$100, ⑤ Internet \$100, ⑥ Food, Grocery, and ⑦ misc. To the left of the notepad, several US dollar bills are visible, including a \$100 bill and a \$20 bill. The overall theme is financial planning and budgeting.

1. Choose a method

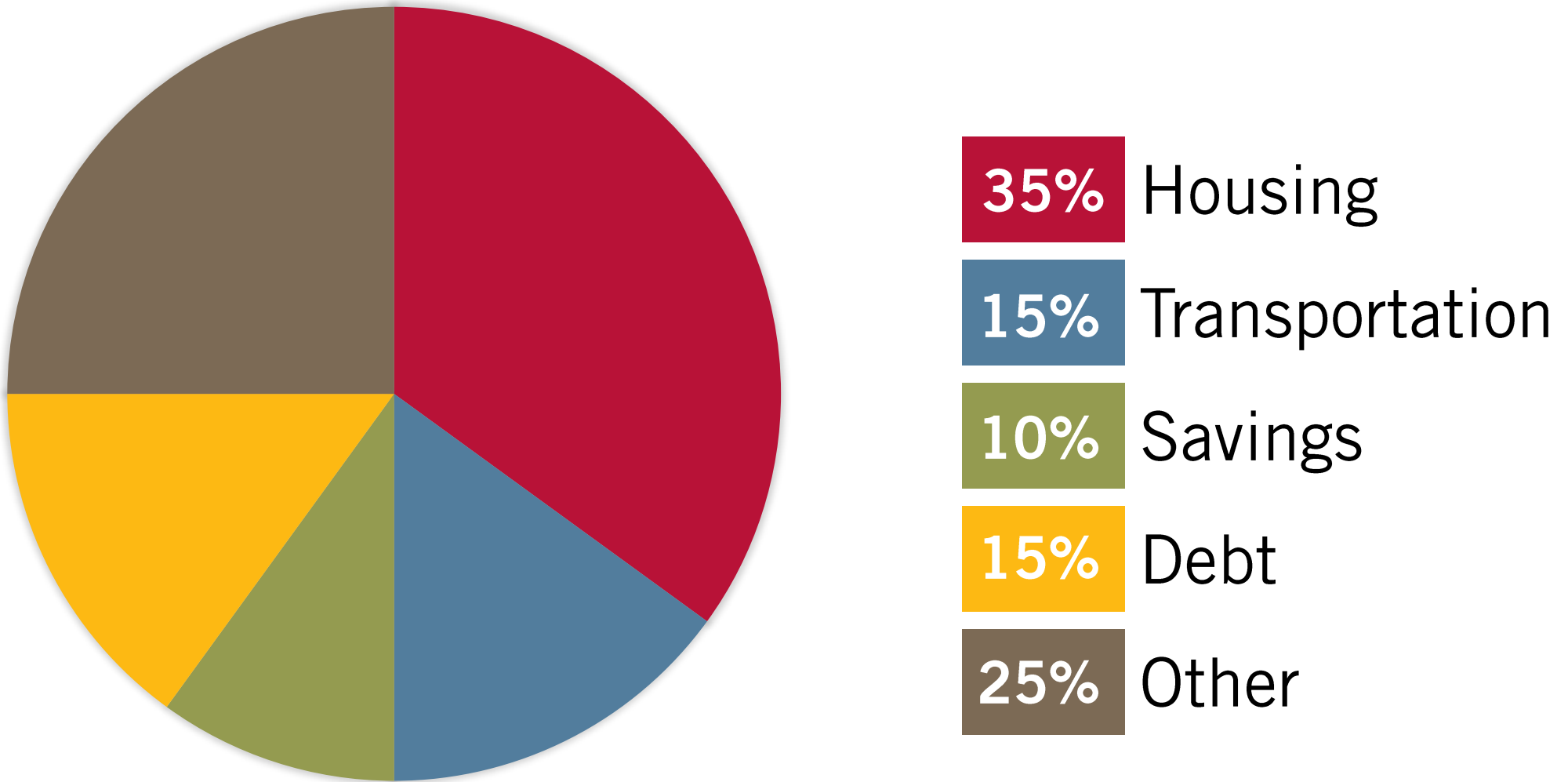
2. Determine income

3. Determine expenses

4. Establish priorities

5. Analyze and revise

# SUGGESTED BUDGET GUIDELINES





# ACTION ITEMS



- ▶ Determine your values
- ▶ Set S.M.A.R.T. goals
- ▶ Set up a digital money management system such as My Money Manager
- ▶ Evaluate your budget guidelines
- ▶ Set up an emergency savings account
- ▶ Evaluate money saving tips

The background features a series of overlapping triangles in various shades of red and maroon at the bottom. A light gray diagonal line with two white parallel lines runs from the top left towards the center.

# PREVENT

# TALKING POINTS

Credit Basics

Components

Credit Use

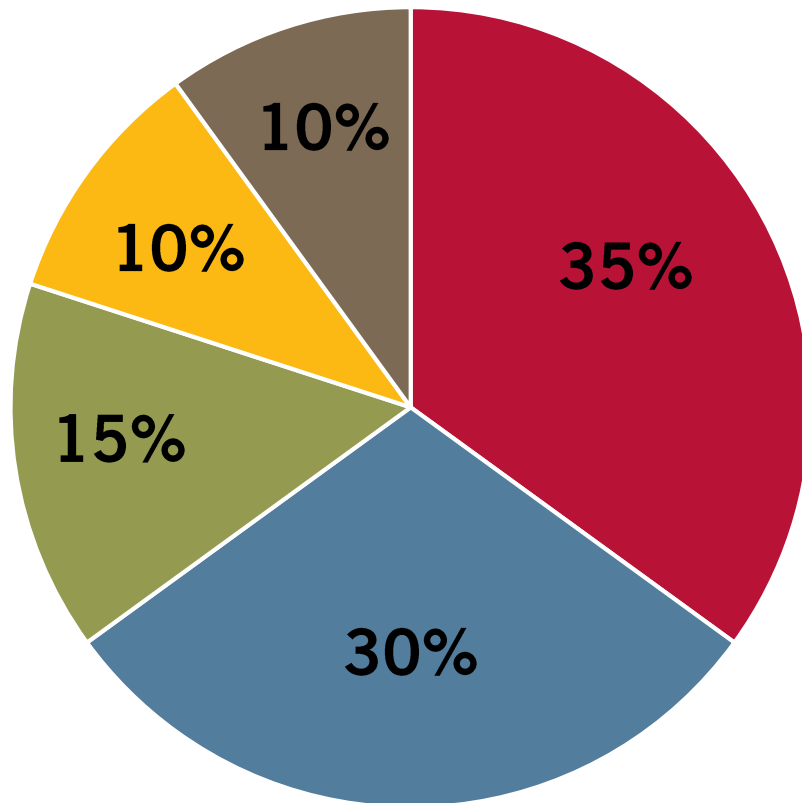
Restore & Repair

Your Rights





# COMPONENTS



- ▶ Payment history 35%
- ▶ Amounts owed 30%
- ▶ Length of history 15%
- ▶ New Credit 10%
- ▶ Type of credit 10%



# SNOWBALL METHOD

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- 1 List all debt
- 2 Commit to pay
- 3 Pay off the debt
- 4 Add to the next
- 5 Repeat

# ACTION ITEMS



- ▶ Reduce revolving credit ratio below 25%
- ▶ Obtain a free copy of your credit report
- ▶ Know your credit score
- ▶ Schedule a credit review with a GreenPath counselor
- ▶ Purchase a credit protection package such as ID Protect



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# PROVIDE

# WORKSHEET 1

- ▶ How much will you need each year during retirement?
- ▶ How much do you expect from Social Security?
- ▶ How much from company pension?

**Financial PATHWAYS**  
by MOUNTAIN AMERICA CREDIT UNION

**WORKSHEET 1**  
**ESTIMATE YOUR RETIREMENT ACCUMULATION GOAL**

Example

Years Until Retirement	Factor
5	23.5
10	28.6
15	34.8
20	42.3
25	51.5
30	62.6
35	76.2

\* Assumes 25 years in retirement, a 4% annual inflation rate, and that your savings during retirement earn a 6% average annual rate of return.

1. How much do you estimate you will need each year during retirement? (Experts say you may need 60% to 80% of your final working year's salary each year during retirement.) \$ \_\_\_\_\_ \$48,000

2. How much do you expect to receive each year from Social Security? (The average annual Social Security benefit for a retired worker is about \$15,936) \$ \_\_\_\_\_ \$15,936

3. How much do you expect to receive each year from a company pension? (The average annual pension benefit is about \$17,435.)<sup>\*</sup> \$ \_\_\_\_\_ \$17,435

4. Add lines 2 and 3. \$ \_\_\_\_\_ \$33,371

5. Subtract line 4 from line 1. \$ \_\_\_\_\_ \$14,629

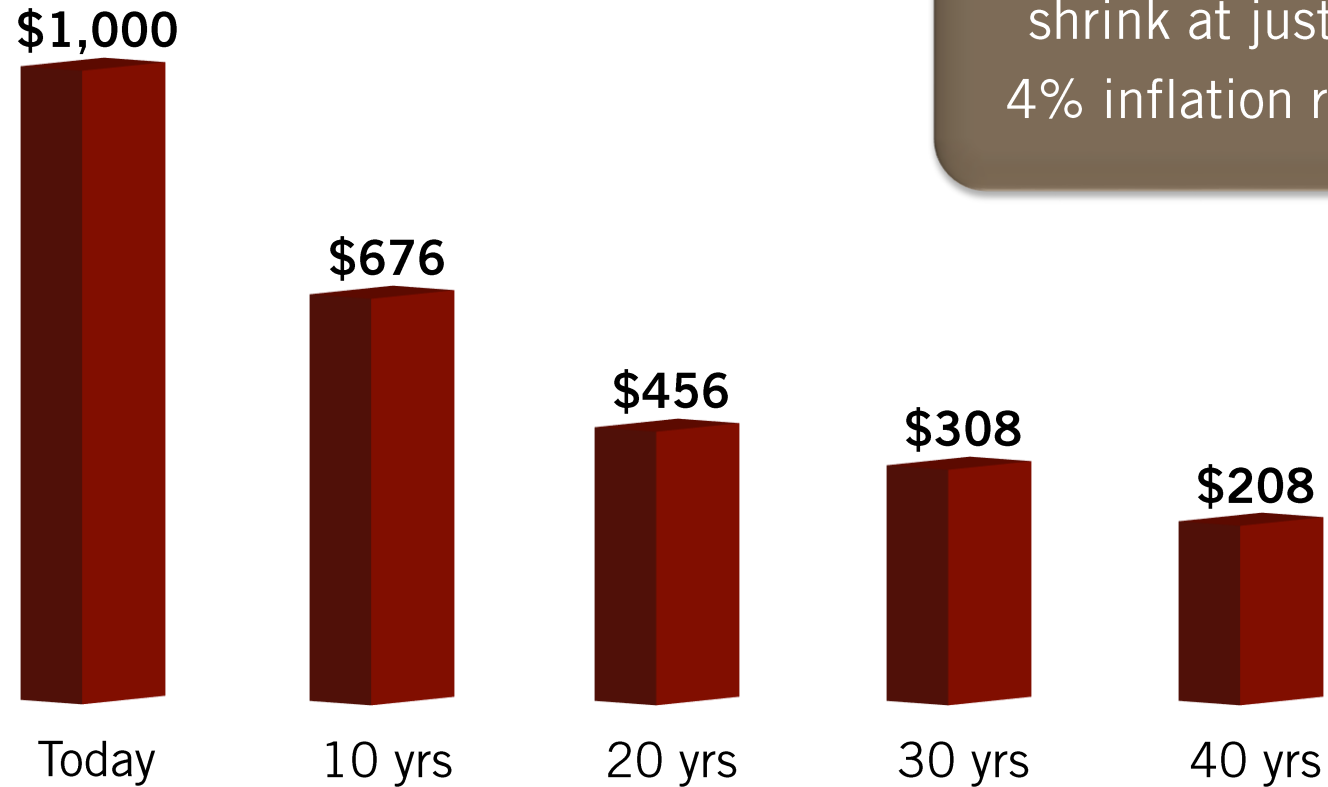
6. Using the number of years you have until retirement, please find the appropriate inflation factor from Table A. (Assumes a 4% rate of inflation, 25 years in Retirement, an 8% average annual rate of return prior to retirement, and a 6% average annual rate of return during retirement.) \_\_\_\_\_ 42.3

7. Multiply line 5 by line 6. This is your estimated retirement accumulation goal (in future dollars). \$ \_\_\_\_\_ \$618,806

**MOUNTAIN AMERICA**  
CREDIT UNION

For more information, visit [www.macu.com/learning-center](http://www.macu.com/learning-center).

# THE IMPACT OF INFLATION



How \$1,000 can  
shrink at just a  
4% inflation rate

Source: Wealth Management Systems Inc.

# ACTION ITEMS



- ▶ Complete worksheet 1 – Estimate your retirement accumulation goal
- ▶ Complete worksheet 2 – Gauge your risk tolerance
- ▶ Schedule a meeting with a wealth advisor



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# PROCEED

# What Can You Expect From Us?

- Lunch for up to 50 people
- Giveaways
- Non-traditional presentation times
- Onsite branch services
- New Account Incentives





# VALUE ANALYZER

A black pickup truck is towing a white travel trailer on a two-lane asphalt road that curves through a desert canyon. The landscape is characterized by large, layered rock formations in shades of tan and brown. The sky is blue with some light clouds. The overall scene suggests a road trip or travel theme.



# FINANCIAL EDUCATION SEMINARS

## FRAUD

Customize a one-hour presentation by choosing from the following popular fraud topics:

### ☐ SENIOR SCAMS

As high risk targets, seniors require additional protection from fraud. Protect your loved ones and learn about common scams, including: S.O.S. scams, family fraud and tech support scams.

*Presentation time: 45 minutes*

### ☐ CARD FRAUD

Card fraud takes place every day in a variety of ways. Learn about different types of card fraud, such as online, lost/stolen and “friendly” fraud and how to protect yourself. Also, learn more about EMV (chip) readers, mobile pay and Mountain America's Card Manager.

*Presentation time: 15 minutes/45 minutes*

### ☐ IDENTITY FRAUD

Learn about different ways identity theft can happen and the potential solutions to help prevent it, such as Mountain America's alerts and notifications.

*Presentation time: 15 minutes*

### ☐ ONLINE SCAMS

In today's society, it's important to be aware of common digital scams. Learn how to protect yourself from online dating scams, advertising scams and social media scams.

*Presentation time: 45 minutes*

 Disponible en Español



## CREDIT

### ☐ WISE USE OF CREDIT

Want a better understanding of how credit works? Learn about the components of your credit score, the best ways to build or reestablish credit and your rights as a consumer. Also, stay ahead of potential threats with Mountain America's FICO® Score feature.

*Presentation time: 60 minutes*

### ☐ MOUNTAIN AMERICA'S VISA® REWARDS

An introduction on how to maximize the Visa Rewards program. Learn about additional benefits such as auto rental, card replacement and zero liability.

*Presentation time: 30 minutes*

### ☐ STUDENT LOANS

Discover the ins and outs of the education loan process, including Mountain America's Repayment and Education Line of Credit. This seminar covers topics including: types of loans, benefits, interest rates and terms.

*Presentation time: 45 minutes*

### ☐ DEBT REPAYMENT

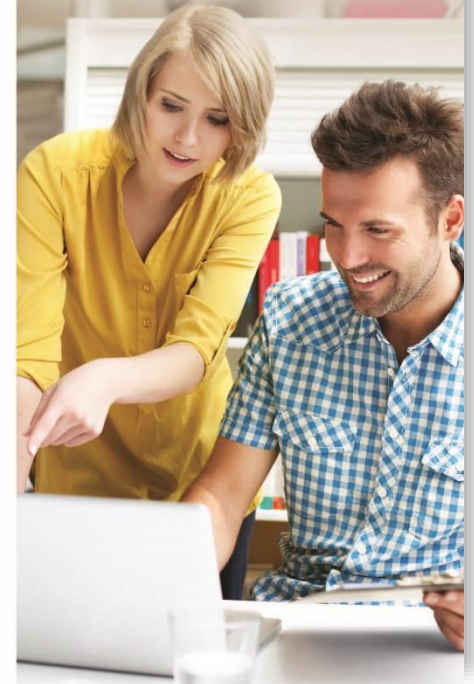
Want to get out of debt more quickly? Learn about the snowball method and fast track your plan with helpful tips for debt repayment.

*Presentation time: 15 minutes*



**MOUNTAIN AMERICA**  
CREDIT UNION

## FINANCIAL EDUCATION Seminar Options





**We want to be your partner**





by MOUNTAIN AMERICA CREDIT UNION

**THANK YOU FOR COMING**