

Wellness Tip: Financial Well-Being

Guest Services is committed to your health and wellbeing year-round, and now more than ever with the spread of COVID 19. Financial wellbeing is a key part of our day to day life. Whether you are just getting on your feet or looking to retirement, it can be difficult to navigate. In times such as now, we begin to think more about our finances. We have included tips and resources to help you sharpen your financial savvy.

Are you financially well? Check out the Financial Wellbeing Program powered by Dave Ramsey!

- Online videos with financial expert Dave Ramsey
- Step-by-step lessons to help you navigate all stages of our finances
- Online tools: interactive financial forms, a smart and secure budgeting tool, workbooks, quizzes, and audio clips of 4,000+ financial questions and answers
- To access, login to your [CareFirst Wellness Portal](#) today! Not registered, [click here](#) to check it out!



Tips to make Grocery Money Stretch

- Keep it simple - Make simple meals with fewer ingredients. Not all meals have to be complicated.
- Stay focused - Create a meal plan and use it to make your grocery list, this helps prevent over buying
- Keep tabs – when you are at the grocery store set a budget and keep a running total of what is going in your basket
- Keep an inventory – go through your refrigerator and pantry to see what you already have on hand and how you can incorporate those items in your meal plan
- Buying in Bulk – while buying in bulk can save you money, it doesn't always save you money. Compare prices of your bulk items to the same items in the grocery store, you might be surprised to see the difference

- Buy the Store Brand – check out the store brands, you likely won't know the difference and often the name brands are actually making the store brand! Your taste buds won't know the difference, but your budget will!
- Shop Seasonal – seasonal fruit and vegetables save you money and taste great!
- Don't go Hungry – Don't go shopping when you are hungry, have a healthy snack or meal before you go. This will help prevent impulse buying.
- For more healthy eating on a budget tips, check out the [ChooseMyPlate](#) website.