

# Your journey to financial wellness begins with you

Financial wellness is achieving a state of well-being where you live within your means, feel confident in your future, and prepare for the unexpected. By creating good financial habits today, you can build a more secure tomorrow. Access your Public School Employees' Retirement System (PSERS) Defined Contribution (DC) account through the PSERS Member Self-Service (MSS) Portal to take a more detailed and personalized version of the financial wellness assessment.



## Protection

Strengthen your financial security. When it comes to getting the protection you need, a simple plan to help you make informed decisions is essential.

Do you have health insurance or Medicare with a Medicare Supplement plan? **Yes or No**

If you were unable to work due to an illness or disability, would you be able to cover expenses with disability insurance payouts, other income sources, and/or savings? **Yes or No**

If you have dependents (spouse, domestic partner, and/or dependent children) and you were to die, would your loved ones be able to cover expenses with life insurance payouts, other income sources, and/or savings? **Yes or No**

If you answered no to any of these questions, determine if adding some insurance to close coverage gaps is the right thing for you. Visit [blog.voya.com](http://blog.voya.com) and click *Protection* from the "Explore our library" section near the bottom of the page for articles about protecting yourself and your finances.



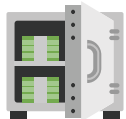
## Spending & saving

You work hard for your money. Your income is precious and what you do with it counts. Live within your means today and save for tomorrow.

When it comes to your typical monthly spending, do you spend less than or as much as you make? **Yes or No**

When it comes to your typical monthly spending, do you keep track of most everything you spend money on? **Yes or No**

If you answered no to either of these questions, consider creating a budget to help manage and keep track of your spending. An excellent place to start is with Voya's budget calculator. Visit [voya.com/page/tools](http://voya.com/page/tools) and choose *Budget Calculator* to think about your spending based on needs, wants, and savings, and then personalize it to your priorities and situation.



## Emergency fund

Saving for a rainy day involves making sure you have enough money set aside in an emergency fund to cover unexpected expenses.

How many months do you think you can cover with money set aside to cover unexpected expenses? **6 months or more   3-5 months   Less than 3 months**

If you answered **3 – 5 months**, you are off to a great start. Consider stashing away a little bit more each paycheck to get you to a 6-month expense cushion.

If you answered **less than 3 months**, saving extra money may seem impossible but start by putting even the smallest amount away. Visit [blog.voya.com](http://blog.voya.com) and click *Spending & Budgeting* from the "Explore our library" section near the bottom of the page for articles on how to start your emergency fund.



## Retirement

Maintaining your current lifestyle is one of the most important factors when it comes to an ideal retirement. Keep in mind that the money you save has to last, so save as much for your future as you can.

How much of your annual household income are you saving for retirement each year?

**15% (or the IRS maximum contribution limit)**

**Less than 15% or not currently saving for retirement**

*Include all money you are saving for retirement - whether it's in your PSERS Defined Benefit Plan, DC Plan, IRA, or other types of accounts.*

**It's never too early or too late to save more for retirement.** Visit [voya.com/voyalearn](https://voya.com/voyalearn) for a schedule of upcoming live sessions to learn about additional retirement saving options and to help you reach your long-term goals.



## Debt management

How would life change for you if you were debt-free? Knowing where to start is important to reducing and eliminating debt.

Do you carry over a balance on your credit card(s)?

**Yes (or I don't use them)** **No**

Do you typically struggle to keep up with your debt payments (e.g. student loans, car loans, mortgage, medical debt)?

**Yes** **No** **I don't have any debt**

**If you answered that you carry over a credit card balance or struggle with debt,** visit [blog.voya.com](https://blog.voya.com) and click *Financial Decisions* from the "Explore our library" section near the bottom of the page for articles on how you can manage your debt throughout your life.



## Other savings goals

Think of everything you'd ever want to do if you could. Does it seem like it's a dream? Having a sound budget in place will help your dreams come true.

**Yes, I'm on track for my other savings goals**

**I don't have other savings goals**

**No, I'm not saving enough or haven't started saving for my other goals**

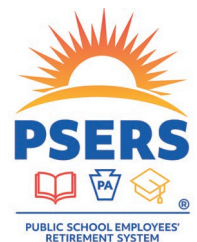
**If you answered that you're not saving enough or haven't started saving,** visit [voya.com/voyalearn](https://voya.com/voyalearn) to view the list of on-demand sessions and get actionable ways to save money.

## Planning for a lifetime of care

When you or your loved one has a disability or special needs, knowing where to start can be one of the biggest challenges. Visit [voya.com/voyacares](https://voya.com/voyacares) for resources to help with special needs financial planning, as well as support and guidance on areas affecting you today and tomorrow.



No matter where you are on your financial wellness journey, additional resources are available to help you get and stay on track. Visit PSERS online and go to *Member Resources > Financial Wellness Articles* for more financial education and guidance.



# With PSERS, you're on your way!

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