

NEWSLETTER

Modern Health Coaching For Financial Well-being



Given the growing uncertainty around the economy, it could be a good time to focus on your **financial well-being**. Planning for things like saving, budgeting, or paying off loans can feel like daunting tasks to take on. For many of us, it can feel overwhelming to even know where to start, leading us to put off finances or avoid them altogether. Luckily, there's no need to go it alone — you can use one-on-one coaching through Modern Health to set yourself up for success regardless of the larger economic outlook.

Work with a financial coach to review your spending habits, set a budget that fits your lifestyle, and improve your money management mindset. Here are some specific goals you can achieve with a financial coach:

- Establish financial milestones and determine the steps to reach them.
- Create a plan to avoid or manage debt.
- Find new ways to spend smarter and save for the future.
- Determine your emotional spending triggers so you can stick to your budget.

Try Coaching Today!

- Download the Modern Health app on your mobile device, or go to my.modernhealth.com
- Sign-up with your work email and enter "COMPANYCODE" for the company code
- Answer a few questions about your well-being for preferences and care
- View your personalized care plan and select your Modern Health provider