

Plan for Financial Wellness

The narrator's question appears on screen, followed by a series of white circles. **Narrator:** "What does it take to achieve financial wellness? A clear view of your goals -- along with a solid plan for reaching them and the self-discipline to follow through."

A woman looks through a pair of binoculars and sees images representing the goals mentioned by the narrator. **Narrator:** "Think of all the ways your efforts could benefit you and your loved ones. Money for emergencies. A college fund for your kids. A comfortable retirement. Financial wellness may lead to all of these things and more."

A dotted line representing a path appears. Along the path, there are various images of financial goals. The Retirement image, which appears last, spins around to show a dollar sign on its reverse side. Traveling backwards along the path, all the symbols spin around to reveal dollar signs. **Narrator:** "Start on the path to financial wellness by defining your goals and establishing time frames for reaching them. You may need money for some goals relatively soon. Other goals may be many years in the future. Having funds available when you need them is what financial planning is all about. Next, you'll be ready to figure out how much money you may need for each goal and how much you'll be able to set aside each month."

A computer monitor displays a budgeting tool. After Car Repairs is moved to the Expenses section, two pie charts are selected and expand. One is labeled Income and the other Expenses. **Narrator:** "A budget is a great tool that can help you set spending priorities and make decisions about what's important to you. Knowing how much money comes in every month -- and how much goes out -- lets you take better control of your finances."

The woman stands next to her car, which has the hood up and smoke coming out of the engine. She scratches her head in thought for a moment, then takes out a smartphone and calls a tow truck. The truck arrives and tows her car away. **Narrator:** "Setting aside money in an emergency fund can help you pay for unexpected expenses, such as car repairs, without having to run up your credit card or dip into long-term savings. The rule of thumb is to save at least three to six months' worth of living expenses in an account that gives you easy access to your cash."

The woman places money into a piggy bank labeled College Savings. Next to her is a teenage boy. He shows her a Tuition Bill while she holds a piggy bank labeled Retirement Savings.

Narrator: "If you have children, college funding may be an important financial goal. Saving for a child's higher education expenses at the same time you're saving for retirement and trying to enjoy life may seem impossible. But don't neglect your retirement savings."

The boy walks on a university campus holding a box labeled Financial Aid. **Narrator:** "Financial aid or part-time work can help your child pay for college, but funding your retirement is up to you."

An image of a padlock over a shield appears, followed by images of a father and daughter, a disability insurance policy, and a life insurance policy. **Narrator:** “Your financial plan should include safeguards to protect your loved ones. Disability and life insurance can replace your income and help your family maintain its standard of living if you become disabled or die.”

A car drives along a road that borders a body of water. In the distance are a yacht and a large home. The car then passes an Estate Planning road sign. The arrow on the sign animates and points to the words Wills, Trusts, and Life Insurance as the narrator mentions them. **Narrator:** “You may think estate planning is for only the very wealthy. But preserving your assets and passing your property to the individuals you want to have it are important financial planning goals for everyone. A will is the most basic estate planning document. Your estate plan also may include other strategies, such as using trusts and life insurance.”

Grains of sand collect in the bottom of an hourglass. **Narrator:** “You’ll probably need more money for retirement than for any other goal you have, so it’s important to start saving early in your career. Contributing to an employer’s retirement savings plan or individual retirement account can help you build your nest egg.”

A man walks along a beach. He stops, and a beach chair with a shade umbrella above it appears next to him. **Narrator:** “Your financial wellness is mostly up to you. Focusing on your finances now can help you reach all the goals you’ve set for yourself.”

The final screen appears, which says, It’s your future. Start planning today.

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