

# Financial wellbeing

Financial wellbeing is about having enough money to do the things you need and want to do. People who make a lot of money can still feel financially insecure, and those who make less can feel great about their finances. It all depends on your values and goals.

Unfortunately, Gallup® studies have shown that 75% of adults frequently worry about money, and almost 50% of Americans live paycheck to paycheck. We can all do something to improve our financial wellbeing.

## Achieve your financial goals

Avoid financial pitfalls and achieve your goals by taking advantage of the financial wellbeing resources available to you through your program. You can learn a variety of financial management skills, such as budgeting and spending, understanding your credit, buying a home, growing a family, or planning for retirement.

## Research topics

Discover premium financial content including articles, video courses and monthly webinars on improving credit, reducing debt, managing student loans, increasing wealth, planning your estate, and more.

## Connect with a Money Coach

Get confidential, unbiased guidance in 30-minute telephone calls with a Money Coach. You get 3 sessions per topic, per year. Money Coaches have professional experience and certifications, and they don't sell products.

*Sources: Gallup® Wellbeing at Work, CDC.gov*

**For more information, please visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or call 1-800-424-4039 (TTY 711).**