

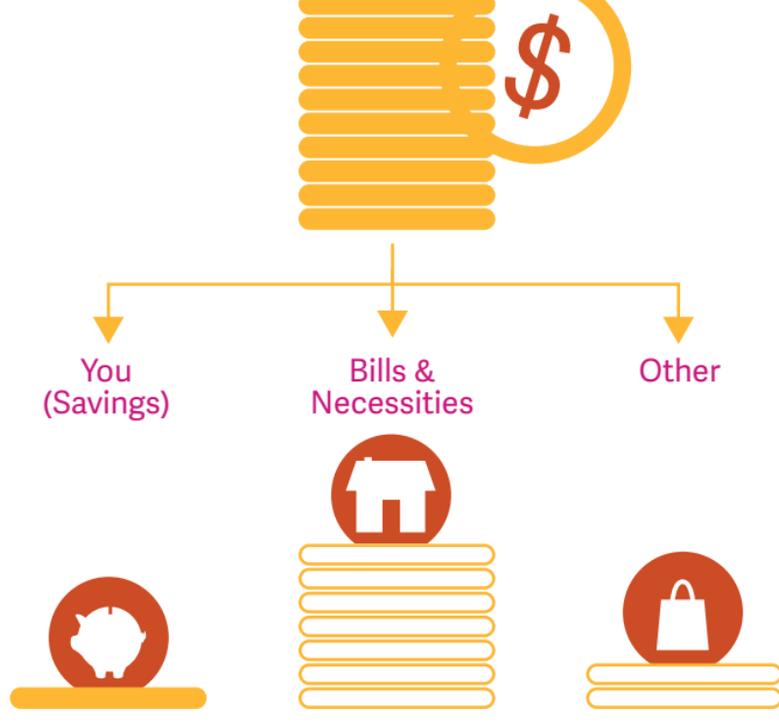
Top Tip for Building Your Savings



Studies show that **having extra funds on hand** may keep you mentally and physically healthy.¹ Whether you want to save for something special — or for a rainy day — **here's a trick that may help make it easier.**

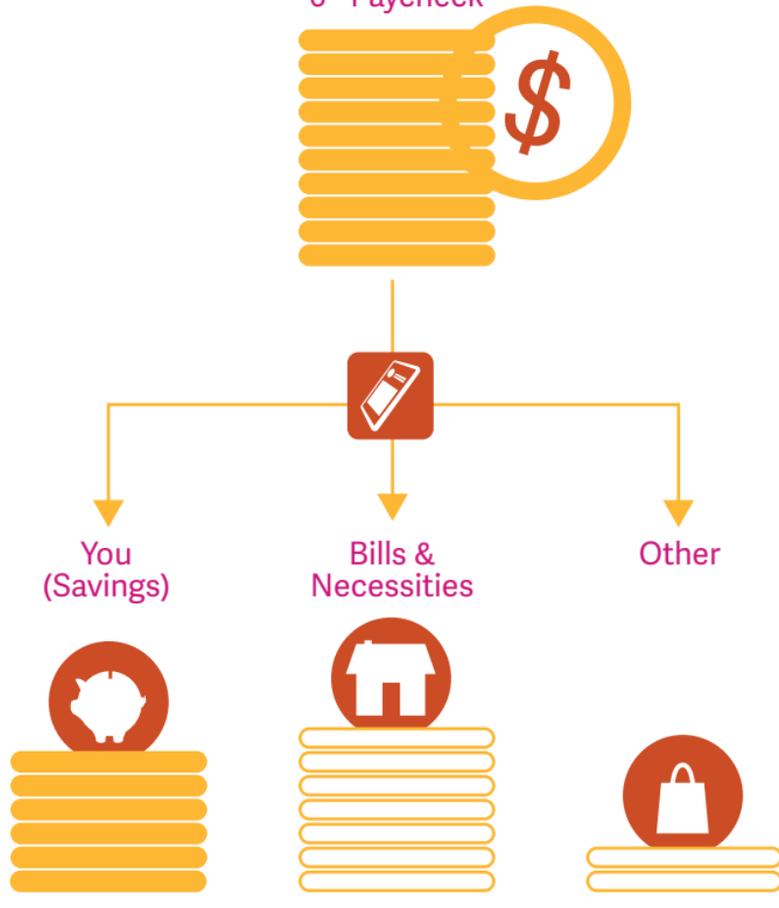
Pay yourself first!

The phrase “pay yourself first” means that when you get your paycheck, you **set aside a certain amount for savings before** you pay bills or make purchases.²



Watch your savings grow

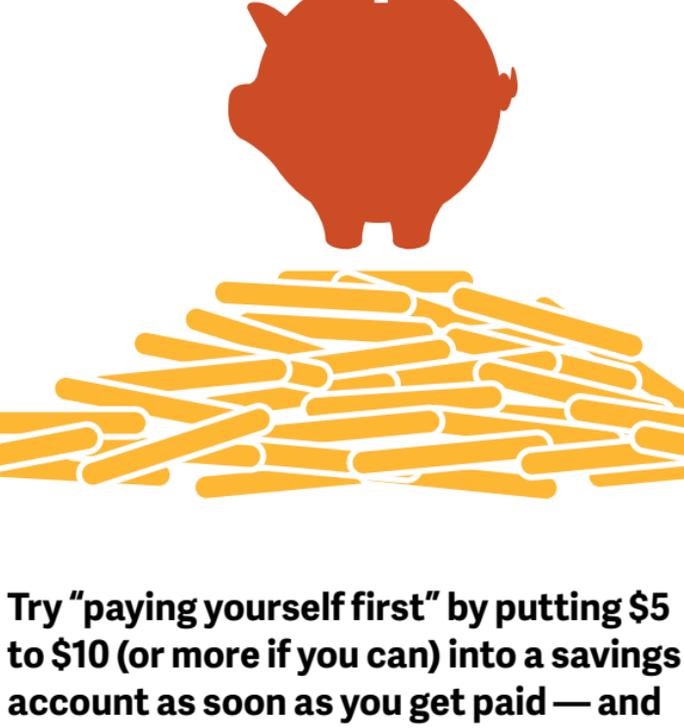
When people set their minds to save and keep track of their savings, **they tend to save more.**² If saving is one of your goals, you may also want to try one of the free budget apps and/or money-saving apps.²



Make it simple

You may want to consider having your bank **automatically transfer** a small amount from your paycheck (or from your checking account) into a savings account.² Or, if your employer has a **payroll savings plan**, they can put your desired amount into your savings account for you.³

If you **start out with a small amount**, you might get used to **managing your expenses** with less. Meanwhile, that small amount can be the seed that **grows** into a sweet savings!



Try “paying yourself first” by putting \$5 to \$10 (or more if you can) into a savings account as soon as you get paid — and watch it build over time.

Sources

¹ Sturgeon J, Arewasikporn A, Okun M, Davis M, Ong A, Zautra A. The psychosocial context of financial stress: Implications for inflammation and psychological health. *Psychosomatic Medicine*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4738080/>. Published February/March 2016. Accessed August 12, 2020.

² Financial Literacy and Education Commission. Save and Invest. MyMoney.gov. <https://www.mymoney.gov/save-invest/Pages/saveandinvest.aspx>. Accessed August 12, 2020.

³ Federal Trade Commission. Consumer Information. It's Never Too Early—or Too Late—to Save. <https://www.consumer.ftc.gov/articles/0498-its-never-too-early-or-too-late-save>. Published April 2014. Accessed August 12, 2020.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Call Member Services and we will work with you (and, if you wish, with your doctor) to find a wellness program that offers the same reward and is right for you in light of your health status. See the FAQs for the Member Services phone number.

The information provided through the My Health Pays® program is for general information purposes only and is to be used at your sole risk. This is not intended to diagnose problems or recommend treatment and is not a substitute for your doctor's care. My Health Pays is not affiliated with nor is in any way officially connected with the source(s) cited here. The Information is provided by My Health Pays is “AS IS.” My Health Pays makes no representations or warranties of any kind about the completeness, accuracy, or reliability of the information provided on the website or by third parties. Through the My Health Pays website you may be able to link to other websites which are not under the control of My Health Pays. We have no control over the nature, content and availability of those sites. The inclusion of any links does not imply a recommendation or endorse the views expressed within them.