



e-tips...

to help you Live Well




## I Love Money

A personal confession: I love money. I love to have it and I love to spend it. I don't like to fuss with it when it comes to saving or investing. But I've figured out easy ways to minimize the fuss by using the resources Intermountain offers. These include automatic deposits to my savings accounts, annual rebalancing of my 401k and using our online tools — including PensionPath, which is available at <https://intermountain.pensionpath.com/Home/Login.aspx?ReturnUrl=/Default.aspx> — to estimate what I need for retirement.

We're just finishing Financial Literacy Month, which is designed to encourage us to learn something new about managing money. For example, have you checked your credit score lately? Do you know what the score means? Maybe it's time to compare car insurance rates. Have you checked your 401K investment strategy lately? When you prepared your tax return, did you notice something you could tweak?

It's easy to get overwhelmed and discouraged with money issues. You're not alone. After all, if everyone had it figured out, why would a whole month be designated to encourage us?

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**Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.**

