

June

2019

Indicators of Financial Health¹: Part 4 of 5

As mentioned in previous issues, a way to achieve financial health is by looking at our financial behaviors in four areas. The fourth and last area we are covering in this series is how we plan financially. Do we have appropriate insurance? Do we prepare and plan ahead for expenses? Do we make the appropriate financial adjustments to meet these plans? Research tells us that forty percent of American households lack a basic level of savings, which means that these households are one emergency away from a financial crisis². When events beyond our control take place, planning ahead can help ease the crisis. Having and understanding insurance can help properly address emergencies that effect financial wellbeing. Also, establishing a financial cushion, even if modest, can make you more resilient to a financial blow. Additionally, planning for purchases and other expenses can improve financial health by establishing a separate fund for non-necessary items. Where do you see yourself financially in the next 2, 3 or 5 years? For more tips on how you can begin to plan ahead, please contact the Financial Coach.



Healthy Money Habits

Newsletter



June is National Safety Month!

Summer is right around the corner and the school year is over! This time of year calls to bring out the plans and tackle the much anticipated summer to-do-list. While the official start of summer is June 21st, people are already getting a start on their summer fun activities. So what are your summer plans? Whatever those are, there is something to keep in mind – safety! June is National Safety Month and HOPES wants you to have fun this summer while being safe. The CDC states that an estimated 9.2 million children annually had an initial emergency department visit for an unintentional injury³. These emergency room visits are costly and can also put our financial health at risk. For example, a bike accident. If not wearing the proper safety gear, if riding unsafe, and/or improperly insured, the cost of an emergency room visit can be in the thousands. Even when all precautions are taken, accidents still happen. But having appropriate insurance and being prepared financially in case something happens is a great way to ease the financial blow an emergency room visit. The CDC statistic provides the reality of unintentional injuries, so we need to be aware of the potential dangers of engaging in summer activities. During National Safety Awareness Month, I challenge you to be safe while having fun. Follow the rules, wear protective gear and take appropriate precautions. If you'd like to know more about starting a summer safety fund, contact the financial coach.

Dear Financial Coach...

Q: I know that having savings is necessary not only for peace of mind but also to help with a financial emergency. What I am not sure of is, how much I should have in savings to have this peace of mind?

Dear Reader: This is a fantastic question and you are not alone! The amount of savings you should have varies from household to household, and it's based on your specific household needs. Ideally, it's recommended that we have at least three months of expenses saved up. This amount includes housing costs, food, transportation, and health expenses. Determining this amount can be daunting, but it is one of the most important steps in setting your goal for an emergency fund. For more information on how you can figure out what your monthly costs are, contact the Financial Coach.

What is the Healthy Money Habits program all about?

Healthy Money Habits is a program available to Northern Nevada HOPES patients, free of charge. We are here to help you reach financial wellness by providing financial education, financial coaching, and additional services that help you set and achieve financial goals. We are not financial advisors or counselors, but we are dedicated to improving your financial health, empowering our community, improving financial literacy, and decreasing stress resulting from financial issues. Remember that financial health is part of your overall health!



SAVE THE DATE!

In case you missed it...

This month...

- Mother's Day – May 12th
- National Senior Fraud Awareness Day – May 15th

- National Safety Month
- National Insurance Awareness Day – June 28th

1. The Journey to Financial Health. Center for Financial Services Innovation. Retrieved from <https://cfisinnovation.org/research/financial-health-journey/>

2. 2019 Prosperity Now Scorecard. Retrieved from: <https://prosperitynow.org/blog/millions-americans-remain-vulnerable-financial-shock-according-2019-prosperity-now-scorecard>

3. CDC Childhood Injury Report, Updated in 2015. Retrieved from https://www.cdc.gov/safefchild/child_injury_data.html