Be *financially well*

Security Health Plan cares about your overall health and well-being. Your emotional and physical health can be affected by your financial wellness. In fact, finances are the most common source of stress for men and women. Managing that stress can have real benefits for your overall health.

Security Health Plan and WebMD have partnered to offer a free year-long financial wellness program. The program provides education and interactive content on a variety of topics including: building a budget, paying down debt, paying for retirement, and more.

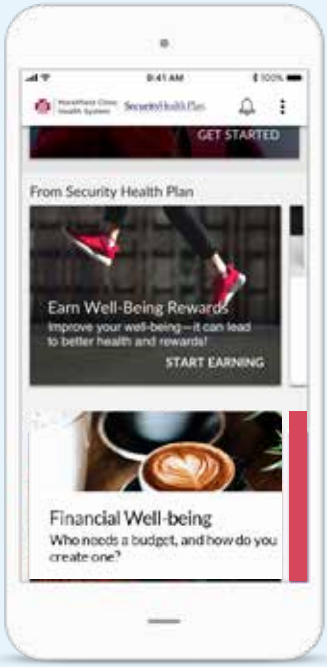
What is **financial wellness?**

Financial wellness is the total picture of your financial health, including how your finances affect your overall health. Financial wellness isn't just about paying your bills, but also enjoying a more stable, healthy and successful life.

With Security Health Plan and WebMD, you'll gain insight into your financial wellness status and be on the path to a healthier you.

Get started today!

1. Log in to your My Security Health Plan online account at **www.securityheatlh.org.** If you don't have an account, it's easy, free and secure to register. Visit **www.securityhealth.org/registration** to get started.
2. Once logged into your account, click on **WebMD Home.**
3. You'll be redirected to WebMD's main webpage where you'll be able to complete activities and track progress.
4. Click on **Financial Well-being** to get started!



SecurityHealth Plan℠
Promises kept, plain and simple.®

WebMD

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LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-472-2363 (TTY 711).

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