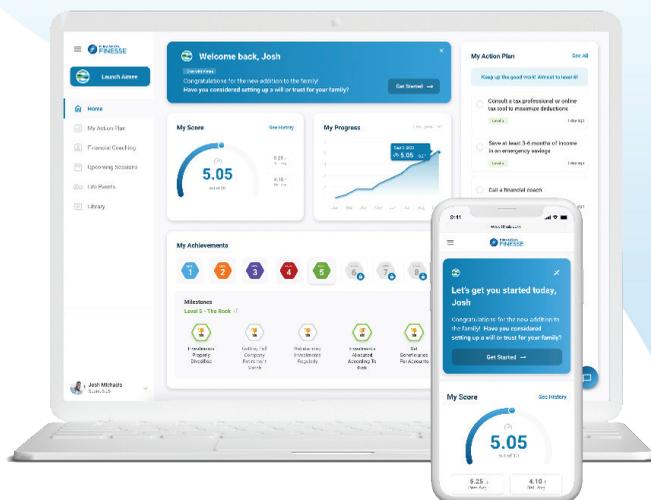


# When should you use your financial wellness benefit?

Financial Finesse can support you with **all things finance**—from basic money management and budgeting to planning for short and long-term goals like buying a car, getting married, growing your family, or preparing for retirement. **Here are a few ideas:**



## Debt

I have a lot of debt, how can I get this off my shoulders?



## Retirement

Am I on track to retire by the age I plan to?



## Money Management

How can I stop living paycheck to paycheck?



## Over Spending

How do I find a budgeting system that works for me?



## College

How should I be planning for my children's education?



## Family Planning

What costs should I consider when starting a family?



## Buying a Home

I want to buy a home soon. What should I know?



## Medical Costs

Where do I even start with medical bills? Can I lower them?



## Credit

How can I raise my credit score in the next year?

## To get started:

- Click [here](#) to access your American Trust retirement account. Click on "Account Information" and select "Summary" from the drop down menu to get to your dashboard. Then click on "Financial Wellness" in the top right navigation bar to get started.
- Visit the **Life Events** section of your **Financial Wellness Hub** for step-by-step guides to major milestones.
- Spend a few minutes with **Aimee™**, your virtual financial coach, and receive a personalized Financial Wellness Score™ and tailored action plan.