

Financial Wellness

How is your financial health? Is it time for a check-up?



We are excited to present a seven-part series on financial wellness that will cover several financial struggles Americans are facing and ways to overcome them.

Part I: Do You Have an Emergency Fund?

If you had an unexpected emergency expense of \$400, would you be able to pay for it? If your answer is no, you're not alone. Forty-six percent of Americans said they would have difficulty with an emergency expense of \$400.¹ Furthermore, 140 million Americans have little or no savings at all.²

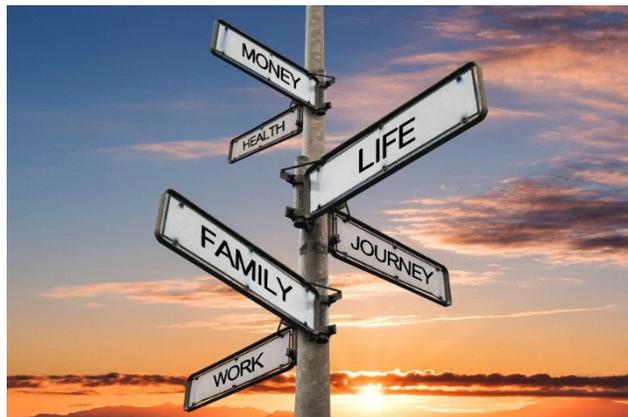
With an emergency fund in your back pocket you will have the money to pay for the little emergencies that pop up in life. Such emergencies are:

- Job loss
- Medical or dental emergencies
- Unexpected home repairs
- Car troubles
- Unplanned travel expenses

Your emergency fund should have three to six months' worth of expenses in it. That way you'll be prepared for the curve balls life throws your way. Try cutting back on unneeded purchases, such as lattes on the way to work, and put that money towards your emergency fund.

Having that extra stash of cash also keeps your stress level down and keeps you from making poor financial decisions such as taking out a loan or borrowing from your retirement plan.

For more information on financial wellness, contact our retirement plan consultant LBG Advisors at 425.778.2800 or matt@lbgadvisors.com.



¹Fed Reserve Report on the Economic Well-Being of U.S. Households in 2015. May 2016. ²CFED Study. Securities offered through Kestra Investment Services, LLC (Kestra IS), member firm FINRA/SIPC. Investment advisory services offered through Kestra Advisory Services, LLC (Kestra AS), an affiliate of Kestra IS. LBG Advisors is a member firm of Benefits Partners. Kestra IS and Kestra AS are not affiliated with LBG Advisors or Benefits Partners.