

Financial Fitness Communication Tool Kit

A Month-By-Month Guide to Help You Communicate
With Your Plan Participants

JANUARY

NEW YEAR
New Look at Your Allocations

Make it a New Year's goal to ensure your investment allocations are in line with your risk tolerance. Consider how many years until you retire and how much financial uncertainty you can handle. Seek the advice of a professional to help you invest wisely for your personal situation.

Visit www.ifebp.org/retirement101

FEBRUARY

FEEL THE LOVE
for Your Retirement Plan

Your workplace offered retirement plan is one of the most important employee benefits you have. Take the time to understand your plan and learn how you can maximize your savings to secure a financially sound future.

Visit www.ifebp.org/retirement101

MARCH

Don't Rely on **LUCK**
Know What Your Retirement Package Offers

Take the time to understand your retirement benefits and how they can help you prepare for a financially secure retirement. A good place to start is Retirement 101. You have questions—Here you'll find answers.

Visit www.ifebp.org/retirement101

APRIL

Don't Be an **APRIL FOOL**
Invest Your Tax Refund in You

Use your refund to pay down debt, fund your emergency savings or save for retirement. Make a plan for your money before you receive your refund check so you'll be more likely to make a smart financial decision.

Visit mymoney.gov

MAY

Help Your Retirement Savings **BLOSSOM**
Understand the Basics of Diversification

Reduce your risk and maximize your savings by investing in a variety of ways—in other words, don't put all your eggs in one basket. Spread out your investments among industries and risk levels to build a diversified portfolio. Seek the advice of a professional to help you invest wisely for your personal situation.

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JUNE

Be a **ROLE MODEL**
for the Graduates in Your Life

Lead by example and encourage young workers to start saving now. Even a small amount of assets now can grow and build, thanks to interest. You'll earn interest on the amount you originally saved, and then you'll earn interest on the interest! It's magic!

Visit choosetosave.org

JULY

Start Saving Now for Next Year's **SUMMER VACATION**

Pay for your vacation before you go—not after you get back. Open a dedicated savings account and automatically transfer money each payday. Consider cutting back on nonessential items like eating out less or skipping a night out to the movies and adding that money to your growing account.

Visit feehelping.org

AUGUST

KEEP YOUR COOL
Avoid Making Emotional Decisions With Your Investments

When it comes to investing, keep calm and invest on. Think long term, and don't let market fluctuations cause you to make hasty investment decisions. Figure out the level of risk you are willing to take on and invest accordingly.

Visit investor.gov

SEPTEMBER

BACK TO SCHOOL
Back to Saving

Time to do your homework and figure out where you can save some money. Consider cutting cable, preparing more meals at home or suggesting fun or imaginative activities when meeting up with family and friends.

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OCTOBER

SPOOKY
Retirement Plan Lingo?

Take the mystery out of retirement concepts when you visit ifebp.org/retirement101. You'll find answers to frequently asked questions and learn how to maximize the benefits of your retirement plan.

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NOVEMBER

BE THANKFUL
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Your retirement plan is one of the most important parts of your financial future. Take the time to understand your retirement benefits.

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DECEMBER

Don't Let the **HOLIDAY HOOPLA**
Bust Your Budget

Plan out your expenses in advance—the how much you can spend for each person on your list and your entertaining or travel expenses. To prevent overspending, consider doing your holiday shopping in cash, which will make it easier to stick to your budget.

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Print these table tents on legal size paper (8.5" x 14") and fold as shown.




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BLOSSOM

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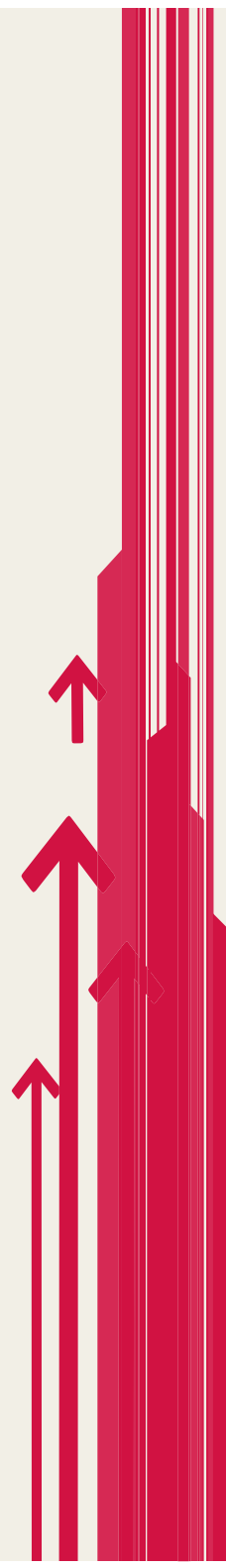


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Lead by example and encourage young workers to start saving now. Even a small amount set aside now can grow and build, thanks to interest. You'll earn interest on the amount you originally saved, and then you'll earn interest on the interest! It's magic!

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Start Saving Now
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SUMMER VACATION



Pay for your vacation before you go—not after you get back. Open a dedicated savings account and automatically transfer money each payday. Consider cutting back on nonessentials (maybe eating out less or skipping a night out to the movies) and adding that money to your growing account.

Visit feedthepig.org.

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KEEP YOUR COOL

Avoid Making Emotional Decisions With Your Investments



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