

## Treat your finances like your health— get regular checkups and create a wellness plan.

It's easy to get started on your goals  
using **myVRS Financial Wellness**:

- ① Free
- ① Self-paced
- ① Easy-to-use



### Make an Appointment With Yourself

1. Register or log into myVRS at [myVRS.varetire.org](https://myVRS.varetire.org).
2. Click on myVRS Financial Wellness to discover:
  - Content recommendations just for you
  - Videos
  - Articles
  - Calculators
  - Budgeting tools
  - Mini-courses and action plans



### Increase Your Knowledge

- Debt and credit management
- Personal budgets
- Spending habits
- Credit cards
- Student loan repayment
- Career-development strategies
- Saving and investing



### Feel Great!

- Assess your finances
- Save for retirement
- Experience less stress
- Start planning for the future



**Financial Wellness Is Just a Few Clicks Away!**