

# 2024



# FINANCIAL WELLNESS CHALLENGE

APRIL 22<sup>ND</sup> TO MAY 17<sup>TH</sup>, 2024

Financial wellness involves the ability to meet financial obligations, feeling secure about your financial future and making choices that allow you to enjoy life. Four key areas of Financial Wellness include: Managing short-term finances, managing long-term finances, improving present financial freedom and achieving future financial freedom.

All participants will receive a financial wellness pin and have a chance to win some awesome prizes!

Everyone who has completed their activities by May 3 will be entered into an early bird draw. Register your completed activities with the following Survey Monkey <https://www.surveymonkey.com/r/CM3D686> for a chance to win prizes!



**Complete an activity from at least two of the four key areas to enter the draw:**

#### 1. Managing Short-Term Finances

- Track your spending for one week
- Review a pay stub for your Gross and Net pay

#### 2. Managing Long-Term Finances

- Read about your pension plan at [www.peispp.ca](http://www.peispp.ca)
- Book a meeting with a Financial Advisor

#### 3. Improving Present Financial Freedom

- Listen to a podcast about Financial Literacy (we like the Financial Feminist!)
- Make a list of existing debts (mortgage, credit cards, student loans, etc) and calculate the annual interest paid

#### 4. Achieving Future Financial Freedom

- Access the Pension Estimator at [www.peispp.ca/portal](http://www.peispp.ca/portal)
- Review your total savings (Pension, Investments, savings, RRSPs, etc.)



**Health PEI**  
EMPLOYEE WELLNESS TEAM