

Financial Wellness Checklist

Helping you get started



Your financial health is a key component of your overall well-being. Whether you feel confident or aren't sure where you stand, completing the Financial Wellness Tracker assessment and the suggested actions can help you improve your financial health.

Before you start, take a few minutes to review this checklist so you have all the information you'll need to answer the assessment questions.

What financial information will I need?

- ☐ Your annual gross household income, before taxes
- ☐ Your monthly expenses, including housing and health care costs
- ☐ Any outstanding household loans or credit card debt
- ☐ Retirement and investment account balances, such as 401(k)s and pension plans, for you and your spouse or partner, if applicable

Your responses to the assessment should encompass your *entire household* combined. Your personal information is kept confidential.

How long will this take?

The assessment should take about 10 minutes to complete, but you can take as much time as you need to ensure you get the most personalized and useful results.

How do I get started?

Log on to Benefits OnLine® at **benefits.ml.com**. You can access the Financial Wellness Tracker by selecting the Financial Wellness tab.

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