

rooted in wellness

March

Newsletter

2025



Financial Tips for a Golden Future

Get Ready for Retirement

Just as it's hard to find the pot of gold at the end of the rainbow, getting financially ready for your golden years can be hard. Take one step today to get retirement ready, no matter where you are in your journey.

Plan for Rainy Days

While it's not possible to prepare for all of life's unknowns, having emergency savings can give you peace of mind and help you adjust when the unexpected happens. You should aim to save three to six months' worth of expenses.

Strike Gold by Cutting Costs

It's easy for small payments to become a large portion of your paycheck. Review your expenses and see if there are any memberships or subscriptions you can cancel. Then use those extra dollars to fund your other financial goals.

Build Your Pot of Gold

Whether you start with \$1 or \$100, the important thing is to start now. Check your employer's offerings to see if you have a retirement plan available to you. You may even be eligible for a company match!



Better Living

Blossom During Spring Forward

Most of us look forward to spring, but losing an hour of sleep can be a challenge. Get ready now to kick off daylight savings successfully!

- **Get to bed earlier:** Begin your bedtime routine 15 minutes earlier in the days before daylight savings.
- **Get up consistently:** Wake up at your regular time the day before and day of daylight savings.
- **Complete house chores:** Replace smoke and carbon monoxide detector batteries, change the air filter, and clean gutters.
- **Check your car:** Check tire pressure, replace windshield wipers, and test the air conditioner.



Eye-Opening Facts About Exams



Regular eye exams can help detect health issues – such as glaucoma, diabetes, high blood pressure, stroke, and more – early. This is why eye exams are important even if you don't have prescription glasses or contact lenses. Make the most of your vision insurance by confirming your provider is in-network and the coverage available for prescription glasses or contact lenses.

Explore Benefits