On a course for
Financial Wellness
A checklist and resources

wdfi.org
Financial Literacy
Expanding Opportunities through Financial Capability
The Path to Financial Security

Preferences And Needs
Risk Management
Financial Security
Cash & Credit Management
Wealth Accumulation
Access e.g. Awareness
Economic Environment

-- Michael S. Gutter, PhD
It’s never too late to start.
Financial Wellness Checklist

1. Spending plan
2. Getting insured
3. Managing debt/credit
4. Saving and Investing
5. Planning for Retirement
6. Knowing your consumer rights and avoiding scams/fraud
7. Resources
1. Spending plan

Track where the money goes

Sample Daily Spending Diary Worksheet

Use this budgeting tool to track where your money is going. You are far more likely to save your money when you see how much small, miscellaneous purchases, such as coffee and soda, can add up.

<table>
<thead>
<tr>
<th>Day</th>
<th>What did I spend my money on today?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
</tr>
</tbody>
</table>
1. Spending plan

Track where the money goes

<table>
<thead>
<tr>
<th>Monthly Income and Expenses Worksheet</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My Income</strong></td>
</tr>
<tr>
<td><strong>Fixed Expenses</strong></td>
</tr>
<tr>
<td>Wages $ 2,000</td>
</tr>
<tr>
<td>Public assistance $</td>
</tr>
<tr>
<td>Child support/Alimony $ 800</td>
</tr>
<tr>
<td>Interest/Dividends $</td>
</tr>
<tr>
<td>Social Security $</td>
</tr>
<tr>
<td>Other $</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Flexible Expenses</strong></td>
</tr>
<tr>
<td>Savings $ 100</td>
</tr>
<tr>
<td>Gas/Oil $</td>
</tr>
<tr>
<td>Electricity $ 50</td>
</tr>
<tr>
<td>Water $</td>
</tr>
<tr>
<td>Telephone/Cell phone $ 40</td>
</tr>
<tr>
<td>Food $ 400</td>
</tr>
<tr>
<td>Transportation/Gas $ 160</td>
</tr>
<tr>
<td>Car maintenance $</td>
</tr>
<tr>
<td>Education $ 150</td>
</tr>
<tr>
<td>Personal expenses $</td>
</tr>
<tr>
<td>Other $</td>
</tr>
<tr>
<td><strong>Total Income $ 2,800</strong></td>
</tr>
</tbody>
</table>

* Remember to plan for income and expenses that do not occur on a monthly basis.
2. Getting insured

Who needs insurance?

- Automobile Insurance
- Homeowner's Insurance
- Tenants, Condominiums, and Mobile Homes
- Life Insurance (Dept. of Employee Trust Funds – ETF)
- Health Insurance (ETF)
  
  State of WI Group Health Insurance Program
  “It’s Your Choice” -- open enrollment in October
- Disability Income Insurance (ETF)
- Income Continuation (ETF)
- Long-Term Care Insurance (ETF)
- Medicare, Medicare Supplement, Medicare Select, Medicare Advantage,
  Medicare Cost, Medicare Part D, and Medicaid
- Annuities
- Worker's Compensation
- Worker's Compensation
2. Getting insured

Keep insurance coverage up-to-date

Rate changes

Resources –

- Dept. of Financial Institutions, wdfi.org (Financial Literacy tab)
- Office of the Commissioner of Insurance, oci.wi.gov/pub_list.htm
- Employee Trust Funds, etf.wi.gov

Receive ETF E-mail Updates
3. Managing debt/credit

Buy now pay later

- Reported
- Scored
3. **Managing debt/credit**

Credit Score = adults’ financial grade

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
<th>% of Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>800 +</td>
<td>Flawless</td>
<td>13%</td>
</tr>
<tr>
<td>750 - 799</td>
<td>Excellent</td>
<td>27%</td>
</tr>
<tr>
<td>700 - 749</td>
<td>Good</td>
<td>18%</td>
</tr>
<tr>
<td>650 - 699</td>
<td>Mediocre</td>
<td>15%</td>
</tr>
<tr>
<td>600 - 650</td>
<td>Not Good</td>
<td>12%</td>
</tr>
<tr>
<td>550 - 599</td>
<td>Poor</td>
<td>8%</td>
</tr>
<tr>
<td>500 - 549</td>
<td>Terrible</td>
<td>5%</td>
</tr>
<tr>
<td>499 and Below</td>
<td>Wow</td>
<td>2%</td>
</tr>
</tbody>
</table>

- swabmoneywise.com
3. Managing debt/credit

Credit Score = adults’ financial grade

Factors included in your FICO credit score:

- Amounts owed: 30%
  - How much do you owe on each account, and how much of your credit limit have you used?

- Payment history: 35%
  - Have you paid your bills on time? And if not, how late were you, when were you late and how often?

- Types of credit: 10%
  - What kinds of debt do you have?

- Credit history: 10%
  - How long have you had each account?

- New credit: 15%
  - How many new accounts or queries have you had?

Source: MyFico.com

- Wall Street Journal
3. Managing debt/credit

Credit Report – check it for free annually (every 4 months)

Credit Bureaus
- Equifax
- Experian
- TransUnion

Online resources
Department of Financial Institutions – wdfi.org
(Financial Literacy tab)
- check report
counseling
complaint
1–800–452–3328
(in Wisconsin)
3. Managing debt/credit

Mortgages
Should you refinance?

Home equity line of credit

Online resources
American Institute of CPAs
Mortgages
Refinancing a mortgage
4. Saving and Investing

Saving is delayed spending
Short term goals
Long term goals

Saving is a habit

- Online resources
  54–ways–to–save–money

  Employee Reimbursement Account (ERA) Account
  ◦ Eligible health care or dependent care expenses
4. Saving and Investing

Investing – method of long term saving (wealth building)

Power of Compound Interest

“Compound interest is the eighth wonder of the world. He who understands it, earns it ... he who doesn't ... pays it.”

—Albert Einstein
4. Saving and Investing

Power of Compound Interest

[Bar chart showing investment growth with different contributions]

- Great-West Retirement Services
5. Planning for Retirement

- Wisconsin Retirement System
- Social Security
- Personal savings
  - Roth IRA, etc.
  - Deferred Compensation
5. Planning for Retirement

Wisconsin Deferred Compensation
(457 IRS designation)

1–877–457–9327
wdc457.org

Great-West Retirement Services
How much is enough?

Retirement calculator

Ballpark E$tile

choosetosave.org/ballpark/

Dollar Cost Averaging
5. Planning for Retirement

Wisconsin Retirement System (ETF)
5. Planning for Retirement

DFI’s Division of Securities

Broker-Dealers
Investment Advisers

1 800–47 Check
(1 800–472–4325)

www.wdfi.org
5. Planning for Retirement

LifeMatters®

WI’s employee assistance and work/life program

- Free
- Confidential
- For employees AND members of their household
- For direct EAP services contact LifeMatters at 1–800–634–6433 or visit online at mylifematters.com
5. Planning for Retirement

LifeMatters®

Financial consultation with certified financial counselor
College or retirement planning,
Budgeting, Credit report review or correction,
Debt management and consolidation, Information on mortgages, loans, and other financial arrangements

Legal consultation with attorney (by phone or in–person)
Consumer law, Family law, Traffic citations, Estate planning, Other personal law issues
6. Knowing your consumer rights and avoiding scams/fraud

“If it seems too good to be true…”

- Department of Financial Institutions
  wdfi.org (Financial Literacy tab)
- Office of the Commissioner of Insurance
  oci.wi.gov/pub_list.htm
- Department of Justice
  www.doj.state.wi.us (Consumer Protection tab)
- DATCP, Consumer Protection Hotline
  1–800–422–7128
  File a consumer complaint online
7. Resources

- Department of Financial Institutions
  [wdfi.org](http://wdfi.org) (Financial Literacy tab)
On a course for Financial Wellness

Presentation by David D. Mancl
Director, Office of Financial Literacy
Wisconsin Department of Financial Institutions
201 W. Washington Ave., Madison, WI 53707
(608) 261-9540, david.mancl@wisconsin.gov