



Financial Fitness

Challenge

April 2 – 30, 2014

Statistics show that the majority of Americans are concerned with their financial health - and for good reason! Establishing and maintaining healthy spending and saving habits are as important to your wellbeing as proper nutrition and regular exercise. Having financial stress can lead to loss of sleep, overeating, depression and anxiety. This challenge can help you to get your finances in order and on the path to being financially fit.

HOW THE CHALLENGE WORKS

The goal is to “save” 500 virtual dollars in 4 weeks.

Save 10 virtual dollars each DAY:

- Keep track of your total daily spending
- Avoid using a credit card

Max dollars you can save per day is 20

Save 20 virtual dollars each WEEK:

- Pay bills on time
- Balance your checking account

Max dollars you can save per week 40

Save 30 virtual dollars each MONTH:

- Set aside money into a savings account
- Set aside money into a retirement account

Max dollars you can save per month is 60

Note that the 2 monthly activities will be available for tracking on the portal at the end of the challenge.

Save 500 virtual dollars by April 30 to successfully complete the challenge and earn 5 credits for the Rewards Program!

TRACK YOUR ACTIVITY

- On the wellness portal at www.KansasHealthQuest.com or
- Print and use the paper tracking form for convenience and enter your points online later or
- Use the MyaHealth mobile app to track your activity on an Apple or Android device.

Download the free app from the App Store or Google Play - search for MyaHealth.



TOOLS AND TIPS

Visit <http://www.kdheks.gov/hcf/healthquest/challenges.html> to find additional information and resources for the challenge:

- Detailed “how-to” document about the challenge
- MyaHealth App Getting Started Guide
- Paper tracking form

www.KansasHealthQuest.com