

TRS-ActiveCare FINANCIAL WELLBEING



Tune in to the worksite wellness podcast by Blue Cross and Blue Shield of Texas for a short episode to learn about financial wellbeing. We'll cover:

- what financial wellness means
- ways to manage your finances more effectively
- how to set SMART goals for your money
- methods to prepare for financial risks
- how your finances and wellbeing are related
- strategies to handle financial stress



Listen to the podcast at your convenience!
Click on the link below or scan the QR Code:
Financial Wellbeing



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