

# Financial Wellness Tips



Water is good for the body and cuts back on calories and unhealthy ingredients found in other beverages, like sodas, sweetened tea or coffee and power drinks. Drinking water also helps keep your money in your pocket since bottled water is generally less costly than other beverages and you can use water fountains and sinks to fill up reusable bottles.



Many health insurance providers provide rebates or money to help pay for your gym membership. Check to see if yours is one of them!



Skip happy hour at the bar and opt for a social run or walk around the park instead. The fitness benefits are built in to this activity, and the socializing is free!



Digging in the dirt is a great way to get active and also to save some money. Consider planting your own herbs, tomatoes, cucumbers, peppers, or even blueberries! Florida offers a great climate for folks who are willing to get busy and save some money by gardening.



Many insurance providers offer limited preventative care check-ups without a copay or paying the full deductible. Take advantage of this financial break by scheduling your annual exams and check-ups. Ask your medical office or insurance company to be sure of your financial responsibilities before the appointment.