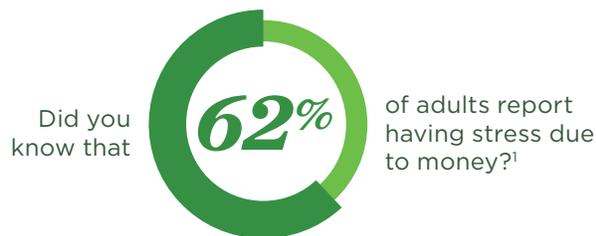


# COULD THE KEY TO GOOD HEALTH BE FINANCIAL WELLNESS?

Money may not buy you love, but could it offer you better health? According to research, financial and physical wellness may actually go hand in hand.

## The finance/wellness connection

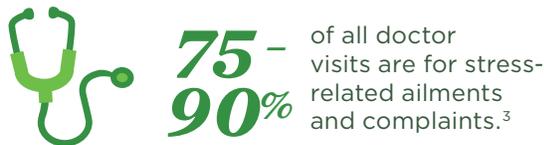


Finances are actually the

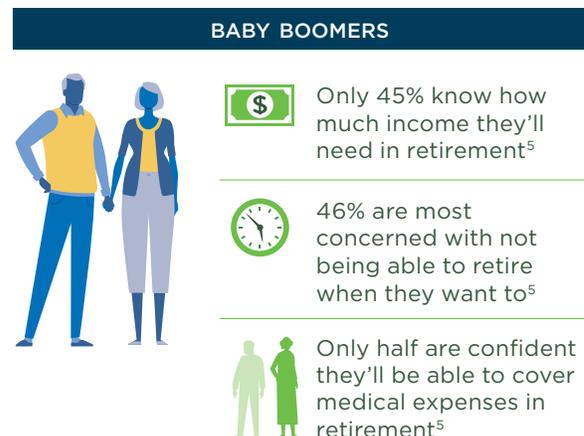
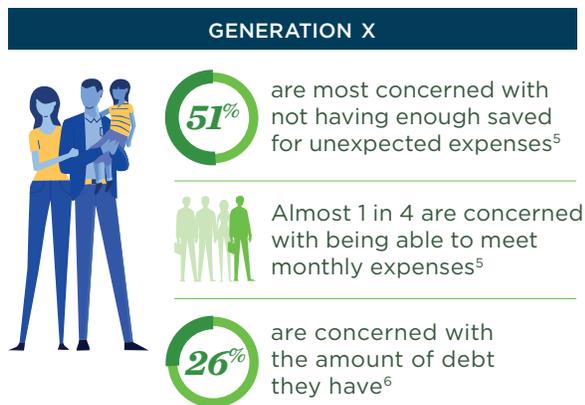
**No 1**

cause of stress among both men and women.<sup>2</sup>

## And stress can take a toll on a person's health



## What has you stressed?



## A financial plan can help ease many of these key stressors





# DO SOMETHING GOOD FOR YOUR HEALTH

*Get the confidence and reassurance that comes with having a well-defined plan. Work with your financial advisor today to identify the steps you can take to achieve financial wellness.*



1 "Stress in America: The State of Our Nation," American Psychological Association (Nov. 1, 2017), p. 1.

2 "The United States of Stress," Everyday Health, <https://www.everydayhealth.com/wellness/united-states-of-stress/> (May 7, 2019).

3 "The effects of stress on your body," WebMD, <https://www.webmd.com/balance/stress-management/effects-of-stress-on-your-body> (accessed May 14, 2018).

4 "Financial worries may raise heart attack risk by 13-fold," Medical News Today, November 11, 2017.

5 "Employee Financial Wellness Survey," PricewaterhouseCoopers (May, 2018).

6 "FICO Survey: Only 1 in 3 Gen X Think They Will Reach Long-Term Financial Goals," Cision PR Newswire (July 13, 2017).

7 "2018 Wells Fargo Retirement Study," conducted online by The Harris Poll on behalf of Wells Fargo.

8 "Why Advisors Have Never Been So Valuable," Russell Investments, Value of An Advisor Study, 2017.