



## 2020 Participant Financial Wellness Topics

### ONLINE LIBRARY

How We Work with Individuals	3min
F(un)AQs - Getting Started	10min
F(un)AQs - Approaching Retirement	10min
F(un)AQs - In Retirement	10min
Traditional vs. Roth	3min
Borrowing from Your Retirement Account	5min
Navigating Market Uncertainty	15min
The Importance of Rebalancing Your Portfolio	3min
Staying on Track with Target Date Funds	3min
Benefits of your HSA	5min
Paying Off Student Loans	3min
Distribution Options	3min
Benefits of Starting Early	3min
Women in Investing	5min
Smart Budgeting & Debt Management	5min
Cyber Security	3min
Social Security Basics	5min
Medicare Basics	5min

### STARTING OUT

Building a Strong Financial Future	40min
Personal Financial Basics for the Millennial Generation	40min

### NEARING RETIREMENT

Social Security Basics	40min
Medicare Basics	40min
Preparing for Retirement	60min

### IN RETIREMENT

Retirement Income Plan Process	50min
You've Retired...Now What?	30min

### SPECIALIZED TOPICS

About Your 401(k)/403(b)	50min
Risk Volatility & Navigating Market Uncertainty in Your 401(k)/403(b)	40min
Women in Investing	40min
Smart Budgeting & Debt Management	40min
Benefits of Your HSA	30min
College Planning	40min