

Financial Health After Job Loss

Living on less income is never easy but with an adaptive attitude, realistic optimism, careful planning, and LifeMatters support, you'll be able to weather most financial storms.

FINANCIAL TIPS

- **Budget:** Financial planning begins and ends with a realistic budget. If you haven't reviewed your financial goals, assets, income, expenses and debt for a while, now is the time to do so. Make it a priority to sit down and crunch the numbers.
- **Debt:** Stop buying on credit and put as much money as you can spare into paying off high interest loans and credit cards. Reducing your debt and the amount of interest you pay will make it easier to withstand times of financial uncertainty.
- **Insurance Options:**
 - **Health Insurance:** If you are married and your spouse has health insurance, find out how quickly you could transfer your coverage to his or her plan. Ask your Human Resources Department how long you can extend your current benefits following a layoff. Any extension beyond a severance agreement is most likely at your own expense.
 - **Life Insurance.** If you have life insurance through your company and want to maintain coverage, check with your Human Resources Representative to see if the carrier will allow you to maintain the policy after you leave. Another option is to purchase an outside policy now. Waiting until you are older will cost more money in the long run.
- **Retirement Savings:** Most companies allow you to leave money in a 401(k) plan even if you are no longer employed. Remember, the penalties you incur by withdrawing the money far outweigh any "quick cash" benefits. If you must withdraw money from your 401(k), consider a transfer into an Individual Retirement Account.
- **College Expenses:** If you currently have a child in college, contact the school's financial aide office to find out what assistance is available when your income changes. The school may be able to offer loans to finish out the current term or adjust your child's financial aid package for future years based upon your new income level.
- **New Financial Reality:** Talk with trusted family and friends and let them know that you have temporary financial limitations. Be open to offers of assistance.
- **LifeMatters®:** Consumer Credit Counselors are available to answer questions, explore debt management options, and discuss strategies to minimize the long-term impact of your situation

**For professional, compassionate assistance,
call LifeMatters® 24 hours a day, every day of the year at 1-800-634-6433.**