



Well onTarget®

Health Kit | December 2019

# Hello!

## Here is your Health Kit for December 2019.

Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

December is all about financial well-being. In this month's Health Kit, you'll find information and tools to help you better manage your financial health.

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### Poster

Beat financial stress with the tips in this month's poster.

[Download Poster](#)

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### Brain Game

Find these words associated with financial well-being.

[Download Game](#)

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## Recipe

Get more bang for your buck with this easy, budget-friendly dinner recipe!

[Download Recipe](#)

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## Coaching Moment: Track Your Spending

This month, Clinical Specialist Honor challenges you to track your spending each day.

[Watch Video](#)

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## 90-Second Video: Save Your Money

Watch this short video to learn easy ways you can save your money.

[Watch Video](#)

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## Podcast: Budget Savvy

Listen to this podcast to find out how you can make your budget work for you.

[Listen](#)

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### Additional Information:

[Find out More About Managing Your Money](#)

### Coming up...

Tune in next month for information and tips on how to set yourself up for success in the new year!

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